

# Prevention of Heat Pack Burns

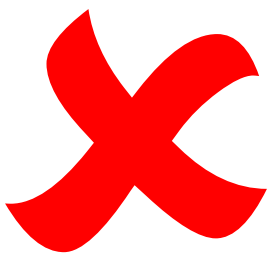
## Factsheet

- Whilst heat packs (containing wheat or other grain) are seen as a better option than hot water bottles, care must be taken to avoid burn injuries.
- People with little or no sensation, particularly in their feet, are more likely to sustain these types of burns.

**Babies, young children and the elderly have fragile skin and their skin burns deeper and more quickly than adults and at lower temperatures**



- ✓ Do follow manufacturer's instructions.
- ✓ Do place a cup half filled with water into the microwave with the heat pack. This prevents the heat pack from catching fire.
- ✓ Do use care when removing both the heat pack and cup of water from microwave as both will be hot
- ✓ Do take the pack out and check the temperature before heating further
- ✓ Do check material and seams for wearing and damage and replace pack when needed.



- ✗ Do not heat the pack in the microwave for more than 30 seconds at a time.
- ✗ Do not apply the heat pack directly onto the skin. Cover with a towel or blanket to prevent contact burns
- ✗ Do not sleep with a heat pack as sustained contact may cause severe burns
- ✗ Do not use on skin which doesn't have normal feeling



### First Aid for Burns

If you, or someone you know is burnt, take the following actions:

1. Remove clothing and jewellery
2. Apply cool running water to the burn for at least **20 minutes**
3. Cover burn with clean cloth and keep the patient warm  
**Do NOT use ice, butter, creams, etc**
4. Seek medical attention for any burn bigger than 3cm, or with blisters, or if any other concerns are present