

# HOT WATER BOTTLE SAFETY

## EXPIRATION

*Did you know* that hot water bottles only last for 2 years before they should be replaced. However, it is very important to check for signs of wear and tear before each use.



This flower symbol, found on hot water bottles, indicates exactly when it was made.

- The number in the middle is the year it was made.
- The flower segments represent the 12 months of the year.
- The dots inside those represent the number of weeks.

So this hot water bottle was made in April 2021.

## DO'S AND DON'TS

- **DO** use boiled water that has been allowed to cool for a few minutes.
- **DO** make sure the stopper is securely screwed on
- **DO** ensure your hot water bottle complies with British Safety Standard BS 1970:2021.
- **DO** fill the bottle to a maximum of three-quarters full
- **DO** change your hot water bottle every 2 years.
  
- **DO NOT** use hot tap water to fill as the impurities it contains can cause the rubber to perish more rapidly.
- **DO NOT** sit, lie on top of or put excess pressure on your hot water bottle when it is filled.
- **DO NOT** allow direct contact with one area of the body for more than 20 minutes
- **DO NOT** allow babies under 36 months or unsupervised children to use a hot water bottle.
- **DO NOT** use a rubber hot water bottle if you suffer from a latex allergy.

