



Sterno Delivery Accessories

Instructions for Use

70592 – 8” x 12” Microcore® Thermal Hot/Cold Pack

70594 – 10” x 14” Microcore® Thermal Hot/Cold Pack

IMPORTANT

Never leave element unattended while heating. Be careful when removing from the microwave, it will be hot. If element expands (swells-up) when heating, **DO NOT** attempt to remove it from the microwave until it has cooled down. If the element expands or leaks fluid, discontinue use and call (800) 523-8715 to order a new one.

HEATING INSTRUCTIONS

Place element in a clean microwave, being careful that it does not touch the sides of the microwave. **DO NOT** place frozen element directly in the microwave. Allow element to thaw to room temperature before heating. All microwaves heat differently. Adjust heat times, if needed. **DO NOT** overheat the element as it could result in injury. If you are not sure which heat time to use, start with a shorter time and gradually go up to recommended heat time.

HEATING TIMES			
Item #	Item Size	1000 watt or less	More than 1000 watt
70592	8” x 12” pack	2 minutes	1 minute and 30 seconds
70594	10” x 14” pack	3 minutes and 45 seconds	2 minutes and 30 seconds

REHEATING INSTRUCTIONS

Element may be reheated for 10 seconds, one hour after initial heating. A second reheat for 10 seconds may be performed 30 minutes after first reheat.

FREEZING OR CHILLING INSTRUCTIONS

Place the element flat in the refrigerator or freezer overnight.

WARNING: ICE PACK FROM FREEZER IS COLDER THAN 32°F AND WILL CAUSE FROSTBITE IF APPLIED TO BARE SKIN FOR TOO LONG.

70608 – The Heater™ Hot Plate

Dimensions: 10” x 14” x 0.25”

Weight: 1.5lbs

Material: fabric retention up to 1000°F

HEATING INSTRUCTIONS

Standard Oven – Heat for 20 minutes at 375°F

Convection Oven – Heat for 10 minutes at 350°F