

# Directions

The InjuryShield system provides 2 options in preparing effective, on the spot treatment.

## Activate Option 1: Heater Bag



**1** Open MRE Heater Bag.



**2** Place InjuryShield in MRE bag on top of heater. **Do not remove paper wrap or seal.**



**3** Follow instructions on MRE bag. Add water as indicated.



**4** Use this carton to make a stand to hold MRE bag.



**5** Insert folded MRE bag into carton stand.



**6** Heat InjuryShield in MRE heater bag for 2 min. or more at 140°F/60°C. Increase time to 3-4 minutes for 2 or more wrapped InjuryShields.



**7** Dump contents of MRE bag and unwrap InjuryShield from paper wrap. **Caution: water and contents very hot!**



**8** Roll InjuryShield off paper wrap. **1 min. working time.** Set when solid and not clear. Re-heat to reform if necessary. **Add new InjuryShield material to formed InjuryShield as required.**

**Important: To Allow for Removal Do Not Totally Enclose Body Part**

## Activate Option 2: Microwave

### Microwave with Wrapped InjuryShield



**1** Remove seal from wrapped InjuryShield



**2** Place wrapped InjuryShield in microwave



**3** Microwave on High for 1 minute or more. Heat until clear. **Caution: Very Hot!**



**4** Roll off paper wrap. Roll into ball to remove stickiness. Form splint as needed. **1 min. working time.** InjuryShield set when solid and not clear. Re-heat to reform if necessary. **Add new InjuryShield material to formed InjuryShield as required.**

### Microwave with Un-Wrapped InjuryShield



**1** Place **Unwrapped** InjuryShield in ceramic container. (It's OK to heat multiple units together. Allow for more time to heat.



**2** Fill container with 1 inch of water, covering InjuryShield entirely.



**3** Heat water until InjuryShield is completely clear, approximately 140°F/60°C. **Caution: Water and Contents Very Hot!**



**4** Remove from water with a non-plastic utensil. Roll off paper wrap. Roll into ball to remove stickiness. Form splint as needed. **1 min. working time.** InjuryShield set when solid and not clear. Re-heat to re-form if necessary. **Add new InjuryShield material to formed InjuryShield as required.**

**Important: To Allow for Removal Do Not Totally Enclose Body Part**