



## How to use the Canadian Physiotherapy Association's **Moist Heat Therapy Water Temperature Testing and Cleaning Log**

- **Post** a log sheet with each moist heat therapy unit (Hydrocollator®, Thermalator®, etc.)
- **Test** the water temperature with a thermometer every day before using the hot packs
- **Record** the water temperature on the log sheet

If temperature DOES NOT EXCEED manufacturer-recommended range, no other action needs to be taken.

If it does, REMOVE UNIT FROM OPERATION, and:

- **Adjust** thermostat and **Retest** until recommended temperature is reached, or
- **Replace** thermostat

**Water temperature must be allowed to stabilize and must be re-tested prior to use of hot packs**

- **Clean** unit AT LEAST every 2 weeks as recommended by manufacturer
- **Record** this on the log sheet