

## Hot water bottles



A hot water bottle can help to keep you warm without putting your heating on.



This page gives you some information about how to use a hot water bottle safely.

### Filling your hot water bottle



Boil some water in a kettle.



Leave the water to cool in the kettle for a few minutes.



Carefully tip the water from the kettle into the hot water bottle.



You might want to hold the hot water bottle over a sink while you fill it with water.



Do not fill the hot water bottle right up to the top with hot water. About 2 thirds full is a good idea.



Carefully squeeze the air out of the top of the hot water bottle.



Screw the top onto the hot water bottle.



Hold the hot water bottle upside down over a sink to check the top is on fully and the bottle is not leaking.

## **Using your hot water bottle**



Do not hold the hot water bottle next to your skin.



Put the hot water bottle on top of your clothes, or put it in a cover or in a towel.



Do not sit or lie on your hot water bottle.



Do not use a hot water bottle at the same time as an electric blanket.

## Looking after your hot water bottle



Empty the water out of your hot water bottle when you finish using it.



Make sure your hot water bottle is dry before you put it away.



Do not put the top in your hot water bottle when you put it away.



When you put your hot water bottle away, hang it upside down or lie it flat.



Check your hot water bottle for holes before you use it again.



It is a good idea to get a new hot water bottle every 2 or 3 years.



Thank you to British Gas Energy Trust for funding.



Based on information from Money Saving Expert.

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