**Be very Careful when using Electric Blankets!**

For those of us who use an electric blanket, we must know that they can be very dangerous if we do not take precautions. If you have an old electric blanket, and even if yours is not too old, they must be properly maintained and inspected.

Don’t throw your electric blanket into your washer and dryer. Electric blanket wiring is not intended to be abused in these appliances.

Electric blankets operate between 200 and 400 watts of power. That’s enough to fry us if the wires are bare, so one of the first things we should all do, is inspect your electric blanket and make sure the wiring is not frayed which means exposed wires.

Electric blankets are an electric appliance, just like anything else we have in our homes that is plugged in to an electric socket. If we mishandle any plugged electric appliance, we can get burned, or start a fire. You don’t want to be in your bed if your electric blanket catches fire. So if you continue using an electric blanket, warm it up in advance before you get in bed, then unplug it. I heat mine up to the max for 20-30 minutes, check if it out to see if it has warmed up, then unplug it.

If you leave your blanket plugged all night, you are taking risk that it could catch fire. Also exposure to active electricity all night has direct health hazards. Worse case, it could catch fire. That will wake you up fast, and in the middle of the night, fighting fires in your bed is something you don’t want to do. Also, exposure to electricity traveling through your blanket all night can cause dry skin, cancer and miscarriages.

So if we haven’t scared you away from your electric blanket, LOL. I would not allow my children or grandchildren to use electric blankets, but that’s your call. LOL.

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**Why You Should Stop Using Electric Blankets Immediately**

**By Courtney Isom, Housedigest.com, April 22, 2022**

The usage of electric blankets has become very popular since they first became available to the general public. They keep you warm and toasty during the season of winter from the cold, chilly air, not to mention how soft and cozy they are on top of being easy to use. **What's not to love? Apparently, potential health and safety risks.**

There is more to electric blankets than initially appears, and **they can cause more harm than good for anyone using one**. They can **especially be dangerous for the elderly, those with diabetes, infants, and even pregnant women**, according to Medicine Net. **Electric blankets are dangerous and not to be used carelessly or even at all**. Most are not aware of how harmful they can be, and people think that just because they are blankets, that makes them safe, but that is far from the truth. In fact, **electric blankets are just as dangerous as any electric appliance in your home and are known to cause fires, skin burns, miscarriages in women, and cancer**, according to Terry Cralle.

**Better safe than sorry**

Some of the benefits of using an electric blanket include them being portable, low cost, eco-friendly, temperature-controlled, and constant warmth, which is why most people don't have any concern about using them however, overall, **they are not good for anyone's well being, and they pose a potential threat**. Electric blankets have wires internally that operate to heat them up. The blanket has to be plugged in to work, and once it's turned on, the fabric starts to warm up evenly throughout the blanket.

It **takes roughly around 200 to 400 watts of power**, according to Medicine Net. This might sound normal and not that harmful, but that **much** **power can cause major damage to your body.** Electric blankets are **a potential risk for skin burns and even starting a fire, especially when outdated, not maintained, or used correctly**. They **can cause damage to skin and internal organs when heating up to peak temperatures.** **If your electric blanket is damaged in any way, such as tears, broken wires, or discoloration, you shouldn't use the blanket anymore**. You can take the proper precautions for your safety, but **ultimately electric blankets are not safe, and every time you use them, there's a potential risk so it's important to use them safely, carefully, or not at all, which is most recommended**.