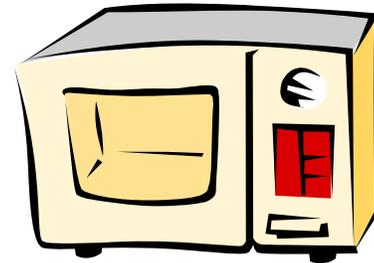




## #38 MICROWAVE OVEN SAFETY

Information available from the U.S. Consumer Product Safety Commission indicates a total of approximately 8,500 people were treated in hospitals for microwave oven injuries during 2006. Many of these injuries were burns due to spilled hot beverages or food.



### Pre-Use Activities

- Thoroughly review and understand information provided in the microwave oven operator's manual with particular attention given to descriptions of safety procedures.
- Before using, always inspect the microwave oven for damage or disrepair including examining the electrical cord and plug for defects. In addition, assure the oven door closes properly.
- If the microwave oven fails your inspection, inform your group leader, parent, or guardian and remove it from use.

### Operating Precautions

- Do not overcook food or beverages. Follow recommended times given in microwave oven cooking instructions.
- Do not operate a microwave oven without food or a beverage inside.
- Never place metal objects in a microwave oven. Remove wire twist-ties or metal meat pins or staples.
- If sparks occur inside a microwave oven, promptly turn the oven off. When feasible, remove the metal or metal-containing object from the oven.
- Only use microwave-safe cookware in a microwave oven. Use hot pad holders and care when lifting or opening cooking containers to prevent burns from cookware or steam.
- Always allow food or beverage containers to vent while being heated in a microwave oven. Create vent spaces by cracking container covers or poking holes in plastic wrap.
- Never use recycled paper products in a microwave oven. Recycled paper towels or napkins may contain metal flakes which can cause arcing and paper combustion.
- Before cooking, always pierce foods with unbroken skins (like potatoes, hot dogs, apples, egg yolks, etc.) to allow steam to vent and prevent food from bursting.
- Never boil eggs in a microwave oven. The heat-induced pressure increase in the yolk can burst the egg.
- In the event of a microwave oven fire, keep the oven door closed and disconnect the power source.
- Do not use a microwave oven to dry clothes, bath towels, or other items.
- Take plastic store wrappings off before putting food products in a microwave oven for cooking or defrosting.
- After using a microwave oven, clean up any oven spills with a damp cloth or sponge.
- If you suffer an injury while using a microwave oven, tell your group leader, parent, or guardian. Seek medical attention if the injury is serious.