

# USING MICROWAVE OVENS



## What Can Happen

- Burns from steam, hot food, or containers
- Eye injuries

## Using the Microwave Oven

- As a best practice, stand at least 30cm (12") from the closed door
- Make sure the door seal is clean and in good condition
- Clean off all accumulated grease and food particles inside the oven and on the door seal at least once a day
- If food inside the oven catches fire, keep the oven door closed, turn the oven off, and unplug the power cord – if the fire is large, or too hot to get close enough to the microwave – pull the fire alarm and follow evacuation procedures, including calling 911
- Use oven mitts when removing hot items from the oven to protect yourself from hot containers or escaping steam

## And Remember...

- **Do not** try to pry open a door that does not work properly – call a maintenance person
- **Do not** try to turn the oven on while the door is open
- **Do not** try to adjust the safety interlocks
- **Do not use** metal objects in the oven
- **Do not** heat water in a microwave as this can cause severe burns when being removed. When water is heated within a microwave oven, heating is not distributed evenly across the entire liquid. When it's removed from the oven, the movement of the container may cause the water to 'burst' as heat is released, burning the person holding the container

## Did You Know?

- Adjustments and repairs should only be done by properly qualified service personnel
- Radiation levels should be monitored by trained service representatives or maintenance engineers

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