

Microwave Oven Safety

It's important to always use caution when using a microwave oven, just as you would when using a conventional oven. Here are some things to keep in mind to help you safely operate a microwave.

- Read the manufacturer's instruction manual before operating the microwave oven.
- Do not turn the microwave oven on when it's empty, it could damage it.
- Only use the microwave oven to heat food. Do not heat clothes, shoes, etc.
- Mount the oven within easy reach to prevent hot food spills and to prevent muscle strains.
- Make sure the door seals are in good condition. Keep them clean and free of food, grease, and dirt.
- Keep the interior of the oven clean.
- Do not use ovens with damaged doors, door seals, or door interlocks.
- Never bypass the door lock to start the oven with the door open.
- If you notice the food inside beginning to spark, immediately turn it off, leave the door closed and disconnect the cord.
- A lock-out tag must be placed on the control device during cleaning or repairs.
- Do not cook things like aluminum foil, whole eggs in the shell, food in sealed containers, sealed plastic bags, or food inside non-porous casings in a microwave oven.
- Do not put metal cookware or utensils inside a microwave. Do not use aluminum foil dishes or utensils with a metal trim.
- Before cooking a dish with plastic wrap, cut several slits in the top.
- Be careful when removing containers, use hot pads if necessary.
- If a container has a lid, wait several minutes before opening it after it's been heated. Then carefully lift the side farthest away from you to avoid steam rushing into your face.
- Do not heat oil or fat for deep frying.
- If you want to microwave any food with a membrane, like potatoes, tomatoes, and eggs, be sure to pierce the food before cooking it. This will keep them from exploding.
- Use only manufacturer's approved metal shelves.
- If you heat water in a microwave, be careful. Even though it may not look like it's boiling, the water could be hot enough to cause serious burns.

For more information and additional risk management and prevention tools, visit: fwcruminsurance.com