

MICROWAVE SAFETY CHECKLIST.



Keep your home safe!

Microwave ovens are convenient kitchen appliances for quickly heating and cooking food. This common kitchen appliance can also come with some dangers, to help ensure safe usage of your microwave follow the below checklist.

Inspect the Microwave:

- Check for any visible damage, such as cracks, exposed wires, or broken seals. If you notice any issues, avoid using the microwave until it's repaired.

Proper Placement:

- Place the microwave on a flat, stable surface with sufficient ventilation. Avoid blocking the vents to prevent overheating.

Electrical Safety:

- Plug the microwave directly into a grounded outlet. Avoid using extension cords or power strips.
- Regularly check the power cord for fraying or damage.

Container and Food Safety:

- Use microwave-safe containers (e.g., glass, ceramic, microwave-safe plastic) to heat food.
- Avoid using metal containers, aluminum foil, or utensils in the microwave. Metal can reflect the microwaves and create electric currents, causing sparks and fire.
- Stir or rotate food during cooking to ensure even heating.

Heating Guidelines:

- Follow recommended cooking times and power levels for different foods.
- Be cautious when heating liquids (e.g., soups, coffee) to prevent sudden boiling or splattering.

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Covering Food:

- Use microwave-safe covers or wraps to prevent food splatters.
- Leave a small opening for steam to escape.

Child Safety:

- Keep the microwave out of reach of children.
- Teach kids about microwave safety, including not using it without adult supervision.

Cleaning and Maintenance:

- Regularly clean the microwave's interior, turntable, and door seals.
- Remove any food debris or spills promptly to prevent odours and bacteria growth.

Avoid Overheating:

- Never operate the microwave when it's empty.
- Avoid running the microwave continuously for extended periods.

Emergency Preparedness:

- Familiarize yourself with the microwave's emergency shut-off feature.
- In case of smoke, sparks, or unusual noises, immediately turn off and unplug the microwave.

Remember, following these safety guidelines will help you use your microwave efficiently and prevent accidents.

STAY HOME SAFE!

