



Microwave Oven Safety

HS04-024B (1-06)

A 5-Minute Safety Training Aid

You should always use caution when using your microwave oven, just as you would when using a conventional oven. The following information will help you safely operate a microwave oven:

- Read the manufacturer's instruction manual before operating the microwave oven.
- Do not turn the microwave oven on when empty because microwaves may damage the cavity.
- 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 also to prevent risk of muscle strains and injury due to over-extending your reach.
- Make sure that door seals are in good condition and keep them 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. Such ovens may emit harmful microwave radiation. In case of doubt, get the oven checked for radiation leaks by a qualified appliance repair technician.
- Never bypass the door interlock in order to activate the oven with the door open.
- If you notice that the food inside the oven ignites or produces sparks, immediately turn off the oven, leave the door closed, and disconnect the cord. Do not continue using the damaged microwave and report it immediately to your supervisor.
- A lock-out tag must be placed on the control device during cleaning or repairs.
- Do not cook whole eggs in the shell, food in sealed containers, sealed plastic bags or food inside non-porous casings in a microwave oven. The pressure build-up may cause explosions and could spill the contents causing severe burns to the hands or face.

- Metal cookware and metal utensils are not recommended for microwave use. Do not use aluminum foil or dishes and utensils with a metal trim in a microwave oven.
- Before cooking a dish covered with plastic wrap, use a sharp knife to make a couple of slits in the top.
- If a recipe requires several minutes of cooking, the food can get very hot, which makes the container hot enough to cause a burn. Always be careful when removing food from the microwave, and use pot-holders, if necessary.
- Be careful when removing the covering from a dish that has been microwaved for several minutes. Let it stand for a few minutes, and then carefully lift the side farthest away from you. This keeps the steam from gushing into your face.
- Do not heat oil or fat for deep frying.
- Potatoes, tomatoes, egg yolks, and other foods with a skin or membrane must be pierced before they are microwaved. This allows the steam to escape and keeps them from exploding.
- Use pot holders to remove cooked foods.
- Use manufacturer's approved metal shelves only.



The Federal Drug Administration warns that overheating water in a cup can result in superheated water (past its boiling temperature). The water does not appear to be boiling, but can cause serious burns or scalding injuries.

Remember to practice safety. Don't learn it by accident.

The Texas Department of Insurance,
Division of Workers' Compensation (TDI/DWC)
E-mail resourcecenter@tdi.state.tx.us
or call 1-800-687-7080 for more information.

Safety Violations Hotline
1-800-452-9595
safetyhotline@tdi.state.tx.us