



# Microwave Oven Safety

With busy lives, families rely on the microwave oven as a quick way to heat up a meal, warm up a drink or defrost dinner. While the convenience of the microwave oven is something we take for granted, safety should not be. By following a few simple safety tips you can prevent painful burns and possible fires.

## SAFETY TIPS

- » PURCHASE a microwave oven that is listed by a qualified testing laboratory. Make sure to complete and return the product registration card. This way the manufacturer can reach you if there is a recall on the product.
- » PLUG the microwave oven directly into the wall outlet — never use an extension cord.
- » MAKE sure the microwave oven is at a safe height, within easy reach of all users.
- » OPEN food slowly, away from the face. Hot steam or the food itself can cause burns.
- » FOOD heats unevenly in microwave ovens. Stir and test before eating or giving to children.
- » NEVER heat a baby bottle in the microwave. Since a microwave oven heats unevenly, it can create hot pockets, leading to burns. Warm a bottle in a bowl of warm — not hot or boiling — water, or by running it under the tap.



## MICROWAVE USE

Always **supervise** children when they are using a microwave oven.

Use only **microwave-safe** food containers or dishes. Never use aluminum foil or metal in a microwave oven.

If you have a **fire** in the microwave, leave the door closed, turn the oven off and unplug it from the wall. If the fire does not go out, get outside and call the fire department.

## FACT

Scald burns are the leading cause of injury from microwave ovens.



Your Source for **SAFETY** Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169