

MICROWAVE SAFETY

Microwave-Prepared Food Burns Occur Because...

- Microwave ovens heat foods to very high temperatures;
- Foods and liquids are heated unevenly; some areas are very hot while other areas remain cool;
- Foods are not stirred well or temperature-tested before eating or before serving them to children;
- Noodles, pasta, sauces and fats in the foods retain heat and stick to the skin: when spilled, sticking foods and sauces tend to produce deep burns because of prolonged contact with skin.

Tips for Safely Microwaving Convenience Foods;

- Stir microwave-heated food after heating to mix the hot and cool areas;
- Test temperature and make sure the heated noodles, pasta dishes or 'pocket' foods have cooled to a safe temperature before serving to children;
- While cooling hot foods, place hot foods at a safe distance from children...away from counter and edges of table where children could spill or pull them over;
- Make sure children are old enough and tall enough to safely prepare foods in a microwave oven;
- Supervise children while they are preparing foods in a microwave oven;
- Microwave ovens mounted above counter can be a major burn hazard: Hot foods or liquids are frequently spilled on hands, chest or torso while removing them from these microwave ovens.

