

## Microwave Safety

Microwaves have become standard equipment in most kitchens. Make certain that safety measures and common sense are part of microwave safety.

A warning has recently been issued regarding heating water in a microwave. When a cup of water is heated (ie. for tea, instant coffee, or hot chocolate) There is a potential hazard of the water ‘exploding’. Water alone should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup in order to diffuse the energy – such as a wooden stir stick, teabag, etc. It is a much safer choice to boil the water in a kettle.

Another hazardous practice is using the microwave to melt butter in a coffee cup. Due to the extreme temperature of the butter, cups have been known to shatter.

It is also known that food may explode after heating in a microwave. Brussel sprouts, chicken, and eggs are a few of the foods that have a tendency to ‘explode’. Always ensure microwave safe dishes are utilized; a microwave safe cover is placed over the food during heating; and ‘standing time’ after heating is allowed.

Visit the following websites for more information:

[www.plasticsinfo.org/microwave](http://www.plasticsinfo.org/microwave)

[www.ccohs.ca/oshanswers/phys\\_agents/microwave\\_ovens.html](http://www.ccohs.ca/oshanswers/phys_agents/microwave_ovens.html)