

Cooking (Stoves & Microwaves)

Everyone must eat, and it seems almost impossible to avoid your kitchen. When cooking, it is critical to remember safety while using appliances such as your stove and/or microwave.

SAFETY TIPS:

- CONTINUOUS and adequate supervision of children in the kitchen is of prime importance.
- As a child's mobility and curiosity increases, appropriate supervision is always essential.
- Keep the child at a safe distance from all hot items by using playpens, high chairs, etc. Create a safe zone for children!
- Extinguish pan fires by sliding a lid over the pan and turning the burner off.
- When using microwave ovens, and other appliances, read and follow the directions in the appliance manual and on the food package or container. Use caution when removing coverings on food heated in a microwave.
- Keep stoves, and counters around stoves, free from flammable objects, i.e. tea towels, pot holders, books, papers.
- After heating moderate to large quantities of food, let the food and container remain in the microwave to allow vapor pressure to decrease...steam burns are very common when items are opened too quickly.
- Purchase only UL approved microwaves which have a "fail safe" mechanism, which shuts off the power when the door is opened or will prevent the door from opening when the oven is operating.
- DON'T use aluminum foil to cover items placed in the microwave.
- Escaping steam from microwave popcorn can burn the eyes and skin. Use caution and follow the instructions. Show children how to open the bag by directing it away from their faces.
- In the event of a fire, turn microwave off and unplug. Do not open door. Do not attempt to move. If fire does not self-extinguish, call the Fire Department.

FACTS AND FIGURES:

- The microwave oven has become an essential appliance in many homes.
- A microwaves' safe and proper use can provide efficiency and convenience, which may not be otherwise available in conventional heating appliances.
- Proper and safe use, however, is directly dependent on the knowledge and understanding of the user.
- Burns associated with the use of microwave ovens are increasing.
- The scald burn is the most common type of burn and most scald injuries involve the hands.
- Children under age five represent over 50% of the injured population, most of which occur when the child pulls hot liquids from the microwave.