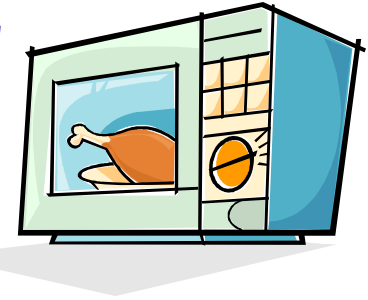


Microwave Safety



According to the U.S. Census, one-third of all school age children are “latch-key kids,” meaning they get home before a parent does at least once a week.

Many of these kids make their own after-school snack or even start dinner using a microwave. Since burns and spills are a common hazard associated with microwave use, parents need to make sure their child knows how to use the microwave safely.

- ✓ Put the microwave on a sturdy stand...one that’s low enough and within your child’s reach. If a child reaches too high, they may pull a hot dish down on themselves.
- ✓ Teach your child how to read the controls on the microwave, such as the time, power level, start, and stop. If they can’t read them, they’re too young to operate a microwave by themselves.
- ✓ Keep microwave-safe containers within your child’s reach.
- ✓ Always have your child use a potholder to remove food from the microwave. Keep potholders handy.
- ✓ Teach your child to stir heated food before tasting. This distributes the heat and avoids hot spots that can cause burns.
- ✓ Show your child how to open containers. For example, open popcorn so the steam escapes away from the face.
- ✓ Until you’re positive your child has mastered the art of microwaving, provide supervision.



The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.