



IMPORTANT MICROWAVE HEALTH & SAFETY!

- ! Food needs to be thoroughly hot with no cold spots.
- ! When reheating liquids, these should be stirred regularly to ensure even heat distribution.
- ! Food should be left for two minutes at the end of the cycle to allow the cooking process to complete.
- ! Never operate a microwave empty, as this could cause a fire.
- ! Microwave interior should be sanitised after use, especially if raw foods are used.
- ! Liquids and foods must not be heated in sealed containers since they are liable to explode.
- ! Food should be covered.
- ! Never put metal containers or utensils in the microwave.

