

### What are the hazards and how might they harm?



Burns/scalds from contact with hot surfaces



Burns/scalds from contact with hot food, hot liquids and steam, eruption of superheated foods



Ignition of overheated food or other flammable items



Slip injuries from spillages



Electric shock or burns from incorrect use or damaged/faulty equipment

### What PPE should the individual wear?



Wear PPE as prescribed in the Task Card for the cleaning chemical you are using. This is likely to include gloves and goggles.

### What other precautions should be taken?



Clean up any spillages immediately

## Use of microwave ovens

### Safety Task Card STCGE 01

Unit Managers – use page overleaf to list any hazards and control measures specific to your site which are not listed below

### Safe System of Work

1. Microwaves should be on a stable and level surface, with good ventilation and not above eye level.
2. Always follow any instructions provided with the equipment, especially for food with a high sugar or fat content.
3. Use oven cloths or gloves when handling hot food or containers.
4. Only use microwaveable food containers in microwave ovens.
5. Do not use metal containers or metal utensils in the microwave oven.
6. If food is covered with food-film or cling film, the film should be pierced to allow steam to escape during heating.
7. Whole eggs and sealed containers should not be heated in this oven.
8. Food with skin, such as potatoes, apples and sausages, should be pierced before heating.
9. If hot water is likely to have collected on the top of any container lid or cover, the container should be tilted slightly away from the body before removing it from the microwave oven.
10. When heating liquids and liquefied foods, the microwave oven should be stopped halfway through the heating process and the food or liquid should be stirred to prevent super-heated pockets from developing.
11. Clean up spillages as they occur and use wet floor warning signs when appropriate.

If you have any concerns, stop and speak with your line manager before proceeding.

## Use of microwave ovens continued

Safety Task Card  
**STCGE 01**

List any additional hazards or risks you have identified and control measures required to manage these.