University of Hertfordshire UH

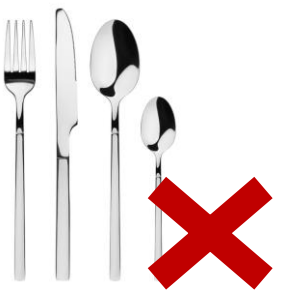
Using the Microwave

These microwaves have been provided for your convenience and wellbeing. Please use them responsibly by following these simple rules:

DO NOT put metal or aluminium foil in the microwave. This could start a FIRE







DO NOT leave food items unattended whilst cooking in the microwave

DO NOT take someone else's food out of the microwave whilst it is cooking

ALWAYS cover food items when using the microwave – make sure containers are microwave safe

ALWAYS follow the cooking instructions on any packaged food being cooked in the microwave

ALWAYS leave the microwave ready for the next person. Clean up any spills or splatters and reset the controls



CAUTION - Items may be very hot when removed from the microwave. Handle with care

Please report any faults to the Department of Estates:
01707 286019 / estates@herts.ac.uk