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# HOUSEHOLD SAFETY

## HEATING WATER IN THE MICROWAVE

**Did you know that heating water in a microwave oven can be dangerous?** Microwaved water and other liquids can become superheated and not appear to boil. The liquid heats faster than the vapor bubbles can form. If the bubbles cannot form and release some of the heat that has built up, the liquid does not boil, but continues to heat well beyond the boiling point. Then, the superheated liquid can bubble up out of the container when moved or when something is inserted into the liquid (a teabag, a spoon, etc.).

To prevent serious injury, something should be placed in the liquid to help diffuse the energy, such as a wooden spoon, a stir stick, or a tea bag. (Do not use metal objects in the microwave!) By inserting a diffuser in the liquid, you are providing a place for the vapor bubbles to form.



You should not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds before moving it or adding anything into it.