



IMPORTANT SAFETY INFORMATION

READ ALL INFORMATION BEFORE USING



PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

For your safety the information in this manual must be followed to minimize the risk of fire or explosion or to prevent property damage, personal injury or loss of life.

Do Not Attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

1. door (bent)
- 2 hinges and latches (broken or loosened)
- 3 door seals and sealing surfaces.

The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

NEED HELP? Help us, help you.

Before you call for service, there are a few things you can do to help us serve you better.

Read this manual.

It contains instructions to help you use and maintain your microwave properly.

If you received a damaged

oven...immediately contact the dealer (or builder) that sold you the oven.

Save time and money.

Check the section titled "Troubleshooting" before calling. This section helps you solve common problems that might occur. If you do need service, you can relax knowing help is only a phone call away.



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WARNING!

To reduce the risk of fire, burns, electric shock, injury to persons, or exposure to excessive microwave energy when using your appliance, follow basic precautions, including the following sections.

SAFETY PRECAUTIONS

*This microwave oven is UL and CSA listed for installation over electric and gas ranges.
This microwave oven is not approved or tested for marine use.*

- Read and follow the specific "Precautions to Avoid Possible Exposure to Excessive Microwave Energy" on page 2.
- This appliance must be grounded. Connect only to properly grounded outlet. See Grounding Instructions section on page 9.
- Do not mount this appliance over a sink.
- Install or locate this appliance only in accordance with the provided Installation Instructions.
- This over-the-range oven was designed for use over ranges no wider than 106,7 cm (42 inches). It may be installed over both gas and electric cooking equipment.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- Do not cover or block any openings on the appliance.
- Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This microwave oven is specifically designed to heat, dry or cook food, and is not intended for laboratory or industrial use.



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- Do not store this appliance outdoors. Do not use this product near water—for example, in a wet basement, near a swimming pool or near a sink.
- Keep power cord away from heated surfaces.
- Do not immerse power cord or plug in water.
- See door surface cleaning instructions in the Care and Cleaning section(s) of this manual.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- As with any appliance, close supervision is necessary when used by children.
- To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance if paper, plastic or other combustible materials are placed inside the oven while cooking.
 - Remove wire twist-ties and metal handles from paper or plastic containers before placing them in the oven.
 - Do not use the oven for storage purposes. Do not leave paper products, cooking utensils or food in the oven when not in use.
 - If materials inside oven should ignite, keep the oven door closed, turn the oven off and disconnect the power cord, or shut off power at the fuse or circuit breaker panel. If the door is opened, the fire may spread.

SAVE THESE INSTRUCTIONS.



IMPORTANT SAFETY INFORMATION

Special Notes About Microwaving

Arcing

If you see arcing, press the CLEAR/OFF pad and correct the problem.

Arcing is the microwave term for sparks in the oven. Arcing is caused by:

- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold-rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.

Foods

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
- Some products such as whole eggs and sealed containers—for example, closed jars—will explode and should not be heated in this microwave oven. Such use of the microwave oven could result in injury.
- Do not boil eggs in a microwave oven. Pressure will build up inside egg yolk and will cause it to burst, possibly resulting in injury.
- Operating the microwave with no food inside for more than a minute or two may cause damage to the oven and could start a fire. It increases the heat around the magnetron and can shorten the life of the oven.
- Foods with unbroken outer “skin” such as potatoes, hot dogs, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks should be pierced to allow steam to escape during cooking.



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Safety Fact – SUPERHEATED WATER

Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all.

Superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than 2 minutes per cup. After heating, let the cup stand in the microwave for 30 seconds before moving it or putting anything into it.

- Avoid heating baby food in glass jars, even with the lid off. Make sure all infant food is thoroughly cooked. Stir food to distribute the heat evenly. Be careful to prevent scalding when warming formula or breast milk. The container may feel cooler than the milk really is. Always test the milk before feeding the baby.
- Spontaneous boiling—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, we recommend the following: before removing the container from the oven, allow the container to stand in the oven for 30 to 40 seconds after the oven has shut off. Do not boil liquids in narrow-necked containers such as soft drink bottles, wine flasks and especially narrow-necked coffee cups. Even if the container is opened, excessive steam can build up and cause it to burst or overflow.
- Do not defrost frozen beverages in narrow-necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when opening any containers of hot food, including popcorn bags, cooking pouches and boxes. To prevent possible injury, direct steam away from hands and face.
- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.
- Cook meat and poultry thoroughly—meat to at least INTERNAL 71 °C (160 °F) and poultry to at least INTERNAL 82 °C (180 °F). Cooking to these internal temperatures usually protects against foodborne illness.



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Special Notes About Microwaving

Microwave-Safe Cookware

Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled "suitable for microwaving."



How to test for a microwave-safe dish.

- If you are not sure if a dish is microwave-safe, use this test: Place in the oven both the dish you are testing and a glass measuring cup filled with 1 cup of water—set the measuring cup either in or next to the dish. Microwave 1 minute at high. If the dish heats, it should not be used for microwaving. If the dish remains cool and only the water in the cup heats, then the dish is microwave-safe.
- If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.
- Some styrofoam trays (like those that meat is packaged on) have a thin strip of metal embedded in the bottom. When microwaved, the metal can burn the floor of the oven or ignite a paper towel.
- Do not use recycled paper products. Recycled paper towels, napkins and waxed paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.
- Do not use the microwave to dry newspapers.
- Not all plastic wrap is suitable for use in microwave ovens. Check the package for proper use.
- Paper towels, waxed paper and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering. Be sure to vent plastic wrap so steam can escape.
- Cookware may become hot because of heat transferred from the heated food. Pot holders may be needed to handle the cookware.
- "Boilable" cooking pouches and tightly closed plastic bags should be slit, pierced or vented as directed by package. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.



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Microwave-Safe Cookware (continued)

- Use foil only as directed in this manual. TV dinners may be microwaved in foil trays less than 2 cm (3/4") high; remove the top foil cover and return the tray to the box. When using foil in the microwave oven, keep the foil at least 2.5 cm (1 inch) away from the sides of the oven.
 - Plastic cookware—Plastic cookware designed for microwave cooking is very useful, but should be used carefully. Even microwave-safe plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking.
- In longer exposures to over-cooking, the food and cookware could ignite. Follow these guidelines:
1. Use microwave-safe plastics only and use them in strict compliance with the cookware manufacturer's recommendations.
 2. Do not microwave empty containers.
 3. Do not permit children to use plastic cookware without complete supervision.

The Exhaust Fan

The fan will operate automatically under certain conditions (see Automatic Fan feature). Take care to prevent the starting and spreading of accidental cooking fires while the exhaust fan is in use.

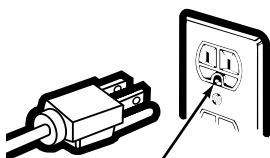
- Clean the underside of the microwave often. Do not allow grease to build up on the microwave or the fan filters.
- In the event of a grease fire on the surface units below the microwave oven, smother a flaming pan on the surface unit by covering the pan completely with a lid, a cookie sheet or a flat tray.
- Use care when cleaning the exhaust fan filters. Corrosive cleaning agents, such as lye-based oven cleaners, may damage the filters.
- When flaming foods under the microwave, turn the exhaust fan off. The fan, if operating, may spread the flame.
- Never leave surface units beneath your microwave oven unattended at high heat settings. Boilovers cause smoking and greasy spillovers that may ignite and spread if the microwave exhaust fan is operating. To minimize automatic fan operation, use adequate sized cookware and use high heat on surface units only when necessary.



IMPORTANT SAFETY INFORMATION

Grounding Instructions/Optional Kits

Grounding Instructions



Ensure proper ground exists before use.



WARNING

Improper use of the grounding plug can result in a risk of electric shock.

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current.

This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

If the outlet is a standard 2-prong wall outlet, it is your personal responsibility and obligation to have it replaced with a properly grounded 3-prong wall outlet.

Do not under any circumstances cut or remove the third (ground) prong from the power cord.

Do not use an adapter plug with this appliance.

Do not use an extension cord with this appliance. If the power cord is too short, have a qualified electrician or service technician install an outlet near the appliance.

For best operation, plug this appliance into its own electrical outlet to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.

Optional Kits

Filler Panel Kits

JX40WH or JX46WH—White

JX41 or JX46BL—Black

When replacing a 91.5 cm (36") or 106.7 cm (42") range hood, filler panel kits fill in the additional width to provide a custom built-in appearance.

For installation between cabinets only; not for end-of-cabinet installation. Each kit contains two 7.6 cm (3") wide filler panels. Two kits are needed for a 106.7 cm (42") opening.

Filter Kits

JX81A—Recirculating Charcoal Filter Kit

Filter kits are used when the microwave oven cannot be vented to the outside.

Available at extra cost from your Frigidaire supplier.