I've worked out how to make sure the cupboard is strong enough to take the weight. I've allowed for the fact that the microwave will stay in place whilst on the move, and will put more strain on the cupboard when going over bumps etc.







I used two large "L" brackets to secure the back of the microwave. These screwed into the securing holes mentioned earlier. I ironed on some "iron on" edging strip around the plinth to finish of the edges.



This picture shows the two rear securing brackets screwed in with large self tappers.



The next shots show the microwave in position. The little brown discs are just sticky pads to hide the door hinge holes. The hole on top of the microwave will have vents fitted to allow better airflow and hold the microwave in place.



The next picture shows the safety chain. If all else fails, this should stop the microwave falling out. The hook is secured in the side wall, and the chain loops over when the microwave is fitted.



The whole unit above was lowered into position, and secured with the nuts and spreader washers.



There is plenty of space around the microwave to allow air to pass. The power lead is thread through the side of the cabinet to the fused spur box. Once the top vent is in place that will be the construction job completed.



Here I have covered the bolts and spacers at the bottom with plastic covers. This will help make it easier to keep clean, and looks less obvious. The two smaller buttons hide the screw that holds the front of the microwave.



I then covered the wire with some cable quadrant from B&Q.



The Final Picture!



The next picture shows where I have fitted a fused spur box. This saves using up the kettles socket, and is fitted with a 5 amp fuse. The circuit is protected by a 10 amp RCD anyway, so the worse that can happen is the circuit trips.



All that is needed is a good clean to get rid of the door marks, and a quick vac to get the remove the sawdust.

It is totally reversible, and took about two hours to complete.

For those worried about the oven being so high would be surprised how natural it feels.

It is at shoulder height, and over the cooker.

Many of these people have probably used a cooker with a high level grill. (like they all used to be etc) I think doing bacon on those cookers was dangerous as they cooked at eye level, and splattered every where! At least the microwave is sealed whilst cooking.

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