

Burn / Scald Prevention

The Hard Facts

Burn related injuries are among the leading ten causes of unintentional injuries in children ages 0 to 5, with children 2 years and younger at greatest risk.

Top Tips Preventing Burns and Scalds

1. Create a kid-free zone: Teach younger children to stay at least 3 feet away from your cooking space. If you need to watch babies while cooking, place them in highchair outside of the kid-free zone where you can see them.
2. Keep hot objects out of children's reach: Cook on the back burners of the stove and turn pot handles away from the edge. Keep hot foods and drinks away from the edge of your counters and tables. Do not carry your infant while cooking hot food.
3. Check bathwater temperature: To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit (49°C) or manufacturers recommended setting.
4. Before placing your child in the bath, check the water temperature with on the inside of your wrist. The water should feel warm to the touch, not hot.
5. Watch children around fireplaces: When a gas fireplace is turned on, the glass is extremely hot and can take more than an hour to cool down after it is turned off. Keep children away from the fireplace to prevent burns from the hot glass.
6. Safe storage of hot appliances: Unplug and safely store irons, flat irons and other appliances that might be hot to the touch.
7. Make a habit of placing matches, gasoline and lighters in a safe place, out of children's reach. Avoid novelty lighters or lighters that look like toys. Teach kids never to play with matches, lighters or fireworks. Avoid smoking or leaving burning cigarettes in ashtrays within reach of children.
8. To prevent possible fires, avoid plugging several appliance cords into the same electrical socket.
9. Avoid in-door burning of trash, practiced in many places to dispose of waste products.

10. Keep candles at least 12 inches away from anything that can burn, and always blow them out when you leave the room or before you go to sleep. Teach older kids not to use candles in their bedrooms, unless supervised by an adult.
11. Avoid flammable clothes and choose fire-resistant fabrics.
12. Fit smoke alarms in the house whenever possible.
13. Hide and protect electricity sockets/points.

