

Around The House

Because their skin is thinner, children and older adults are especially at risk for burns.

- Install smoke alarms on every level of your home and near sleeping areas.
- Use appliances that are UL approved. Replace worn/frayed cords.
- Never mix different types of batteries, put batteries in backwards, or re-charge them in the wrong charger. Batteries can overheat and rupture, causing chemical burns.
- Keep fabrics/papers away from portable heaters.
- Use security gates and electrical outlet covers for small children. Keep cribs/beds away from steam/hot-water radiators and humidifiers. Dress children in flame retardant sleepwear.
- Make sure cigarettes are completely out. Never smoke in bed. Only use candles with adult supervision. Keep matches and lighters away from children.

Outdoors

- Avoid sunlight during peak hours of 11 :00 a.m. - 3:00 p.m. Apply sunscreen with SPF 30.
- Wear shoes outdoors. Sand and asphalt can burn.
- Check metal playground equipment to see if it is hot before letting kids play.
- Use potholders when grilling. Make sure coals are completely out before throwing them away.
- Be careful when working on hot radiators and engines. They produce both hot liquids and steam.
- Always fuel mowers and power tools outdoors. Never put fuel in a warm engine.
- Store gasoline in an approved storage container and never use it to start a fire.

Simple First Aid For Burns

If your clothes are on fire -STOP, DROP, and ROLL over and over to smother the flames. Never run. It will only fan the flames.

NEVER remove clothing that is stuck to a burn. Cut around it. **NEVER** apply ice. It could damage the skin further.

NEVER apply butter, Vaseline, or ointments that trap heat and cause infection

NEVER break blisters.

First Degree: Sunburn, Scald, Flash Flame
Appearance: Looks like a sunburn: pink/redness; dry, no blisters: slight swelling:
MILD Superficial tender & sore/mild pain.
Treatment: Run cool water on it for 20minutes. Apply approved burn ointment.

Second Degree: Hot Liquid/Solids, Flash Flame. Chemical
Appearance: Pink to cherry red; moist blisters: very painful.
Partial Thickness **Treatment:** Apply a dry sterile dressing & seek emergency treatment. Do not apply any gels or ointments.
See a doctor: If the burn covers over 1% of the body or if the victim is under 2 .
It's an Emergency: If the burn covers over 15% of an adult's body or 1 0% of a child's body OR if the burn is on the face (eyes), hands, feet, or genitalia. (Hint: A hand= 1%) .

Third Degree Hot Liquids/Solids. Flame. Chemical. Electrical
Appearance: Varies - bright red on outer edges to black/ gray-charred, mixed white waxy. pearly or dark khaki or mahogany;dry and leathery until removed. charred blood vessels visible under skin; little or no pain at first, outside area hurts, inside nerve endings dead
Full Thickness **Treatment: Dial 9-1-1 or your local emergency number right away!** Apply a cold wet washcloth and sterile dressing until help arrives. Dial 9-1-1 or your local emergency number right away! Apply a cold wet washcloth and sterile dressing until help arrives.

Victim In Shock? (Rapid breathing, confusion) Have victim lie flat and elevate the feet.

Victim Unconscious? (Passed out) Place on the side with the head slightly raised.

Electrical, chemical, and inhalation burns are complicated burns and require special attention. Dial 9-1-1 right away.



Burns Hurt

A burn can be one of the most terrifying kinds of accidents. It is the painful result of physical contact with heat or fire including hot liquids (*water, grease, or beverages*) and hot objects (*electricity, appliances, chemicals, the sun, and fire*).

- Burns and other fire-related injuries are the 3rd leading cause of accidental deaths for children.
- About 1/3 of all burn victims are children.
- Most of the burns are from spills or bathtub accidents.
- Scalds are the #1 cause of burn accidents to children 5 and older.
- In most cases the accidents could have been prevented by following simple safety rules.

3rd degree burns happen



In The Kitchen

When cooking:

Wear short-sleeved or snug-fitting clothes. Keep curtains and towels away from heat sources. Pin up long hair.

Avoid wearing loose jewelry.

Never leave hot oil, food, or drinks unattended.

Use back burners and turn pot handles inward.

Keep kids away from hot metal oven doors.

Use oven mitts or potholders.

Lift the lid off hot pans away from face and hands.

Keep a pot lid nearby to smother stovetop fires.

Avoid using area rugs in the kitchen that cause slips and falls when transporting hot food or beverages.

Test heated liquids and foods before serving children. Cut up food to cool.

Never hold a child while cooking, consuming hot foods or drinks, or smoking.

Remove tablecloths and placemats to reduce the chance of kids tugging and pulling hot foods or liquids on them.

Store cookies away from the stove as well as other frequently used items.

Make sure the kitchen is well-lighted.

Keep appliance cords away from the edge of counters. A dangling cord can get caught or pulled down. Disconnect appliances when not in use.

Have a charged fire extinguisher near the kitchen and know how to use it.



Children under 4 are burned primarily by hot water and hot liquids.

70% of these accidents occur during meal time in the kitchen from pulling scalding liquids on themselves.

Using A Microwave

Microwaves heat from the inside out. Filled foods such as jelly donuts may be cold on the outside but the filling can scald.

Make sure anyone who uses the microwave is old enough and properly trained.

Only use microwave safe dishes and covers.

To prevent a steam burn, use a potholder or utensil to remove the cover.

Puncture plastic wrap covers before heating.

Beware of unevenly heated foods. Stir foods to distribute the heat.

Water can reach scalding temperatures.

After being microwaved, baby bottle liners may burst when shaken.

In The Bathroom

Set hot water temperature at 120° F and install anti-scald devices on faucets and showerheads. (*Note: Most hot water heaters are set at 150° when they leave the factory.*)

When filling a tub or sink, run cold water first then add hot to reach a safe temperature.

Before placing a child in the bath, swish your hand all through the water to test the

temperature. Bath water should be under 100°

Place small children in the tub facing away from faucets to keep their focus off touching them.

Never bathe a child under running water - the temperature may change.

Never leave a child alone in a bathroom, tub, or sink for any reason!

Tighten or remove faucet handles or install push and turn hot-water faucets to prevent young children from turning them on.