

# Burn Prevention

## Facts About Burns

- ◆ About 1 million children are injured and 3,000 die each year as a result of burns.
- ◆ It is estimated that 75 percent of burn injuries and deaths are preventable.



## Burn Prevention Tips

★ **SUPERVISION!** Children grab at everything. Never leave a child alone in the bathroom or kitchen. Adult supervision is the best way to prevent burns.

### ★ IN THE BATHROOM

- ✓ Check your water heater's setting. Set your water heater to 120° F or below. Hot tap water can quickly burn a child's delicate skin.



- ✓ Use a thermometer to test the bathwater, especially if you are in a new or unfamiliar place.

### ★ IN THE KITCHEN

- ✓ Keep children away from the kitchen while you are cooking.



- ✓ Never hold or carry a child while you are drinking hot liquids or eating hot food. Also, do not leave hot liquids on tables.

- ✓ Make sure to turn pot handles toward the back of the stove to prevent children from grabbing the handles.

- ✓ Keep appliance cords out of reach of children, especially if the appliances contain hot food or liquids.



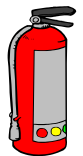
### ★ IN GENERAL

- ✓ Put a smoke detector in every room and change the batteries twice a year.
- ✓ Do not smoke in your home. Most fires are caused by a lit cigarette that was not put out completely.
- ✓ Cover unused electrical outlets to prevent electrocution if a child sticks an object in the outlet.



- ✓ Teach children not to play with matches or lighters. Keep matches, gasoline, lighters and other flammable materials locked up and out of children's reach.

- ✓ Have a fire extinguisher in the kitchen, basement, garage and near the fireplace. Know how to use the extinguisher and make sure to keep it maintained.



- ✓ Keep your child out of rooms with hot objects (like a heater, iron, grill, or oven) that he or she might touch, or put a non-flammable barrier around the object.
- ✓ Teach children what to do in case of a fire: **Stop, drop and roll** if clothes are on fire.
- ✓ Make a fire escape plan. Practice it with children so they know what to do in a fire.

## What to Do in Case of a Burn

- ★ If your baby/child gets burned, immediately put the burned area in cool water until he/she stops crying. Then cover the burn loosely with a bandage or clean cloth and call your doctor.