

SPRING INTO ACTION

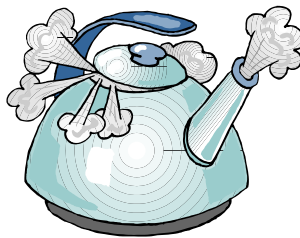
Protect your family from scalds



A scald burn is a burn caused by hot liquid or steam...and almost all scald burns are preventable! Read on to learn about the scald dangers that can be hidden in your home, and how to protect your family from scald burns!

Hot liquids burn like fire!

- Scalds can be caused by hot tap water, hot liquids (coffee, tea), hot foods (soup), or steam.
- Among children ages 4 and under hospitalized for burn-related injuries, approximately 65% are treated for scald burns.
- The majority of scald burns in children ages 6 months to 2 years are from hot foods and liquids spilled in the kitchen.
- Hot tap water accounts for nearly 1 in 4 of all scald burns among children.
- Tap water burns most often occur in the bathroom, and tend to be more severe and cover a larger portion of the body than other scald burns.
- Children under the age of four and children with disabilities are at the greatest risk of burn-related death and injury.



How hot is too hot?

A child's skin is thinner and will burn more quickly and at a lower temperature than an adult's.

- 100°F is the safest temperature for bathing.
- With water at 120°F, a child five years or under can receive a 3rd degree burn in five minutes. At 130°F, a 3rd degree burn can occur in only 35 seconds. If the temperature of the water reaches 145°F, it will take only two seconds for a child to receive a third degree burn.



How hot is...

- Boiling water? (212°F)
- "Simmering" water? (190°F)
- Hot coffee at a restaurant? (approximately 175°, but can be hotter)
- Hot soup? (approximately 150°F, but can be hotter)



You can prevent scald burns!

Safety Tips In the Bathroom:

- Set your hot water heater no higher than 120°F.
- Run the cold water into the bathtub first, then add hot water until the bath is *warm*. Run a bit more cold water to cool off the faucet.
- Before placing your child into the tub, test the temperature of the water with the back of your hand. The right temperature for your child is cooler than what you would choose for your own bath. The temperature should not exceed 100°F.
- Seat your child with his/her back to the faucet so that they will not be able to grab the hot water faucet and accidentally turn it on.
- *Never* leave a child unattended in the bathtub. Do not leave, even to answer the phone or the door. Supervision is of the utmost importance!!
- Consider having anti-scald devices installed on faucets.



Safety Tips In the Kitchen:

- Never drink hot beverages or eat hot foods when holding your child.
- Use a travel mug with a lid when drinking hot beverages, especially when around children. If they are spilled, a much smaller amount will spill.
- Do not heat baby bottles or baby food in the microwave; it might feel fine on the outside of the container, but actually be hot enough to scald your child's mouth.
- Do not allow young children to use the microwave on their own.
- Keep children out of the "traffic path" when moving hot foods or liquids in the kitchen.
- Keep pot handles turned toward the back of the stove; cook on the rear burners whenever possible.
- Remove tablecloths when toddlers are in the home; if hot liquids are on a table with a tablecloth, the child could tug on it and spill the hot liquid.
- Make sure appliances such as coffee pots have short cords; or that cords do not dangle over the edge of the counter, so that it will not be pulled down.



SURVIVING FIRE

Check out the Burn Prevention Foundation's new interactive learning experience by logging onto www.burnprevention.org, and clicking on "Surviving Fire". Join your child in testing their survival skills in a virtual town, filled with various types of dwellings and many different live-action escape scenarios.