It Can Happen In A Flash With A Splash

Every year, 450,000 burn injuries are treated in the US. As many as 150,000 of those are SCALD BURNS. Young children are particularly at risk for this type of burn injury. In this issue of Safety Lines, learn more about scald burns and how to prevent them from happening in your home!

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- Scald Safety Checklist
- Clutter Busters Scavenger Hunt

What is a Scald Injury?

A scald injury occurs when hot liquid or hot steam damages one or more layers of skin that it comes into contact with. Scald burns are usually caused by a spill of hot food or beverages, or by hot tap water in a bath or shower.

Who is at risk?

Anyone can get a scald burn...but older adults and YOUNG CHILDREN are at greater risk than the rest of the population.

62% of all burns to young children are scalds!

Why are children at higher risk for scalds?

- Young children LOVE to imitate adults. They may pretend to cook just like an adult they've seen without realizing that hot food, liquids, or tap water can be dangerous.

- Young children are also less mobile, and can't react as quickly as an adult if they come into contact with a hot object or substance.

- Spilling a cup of coffee or other hot drink can cover a large part of a small child's body. This would cause a much larger burn on a small child than it would on an adult.

- Young children have thinner skin than older children and adults, so they suffer a burn injury at a lower temperature and in less time.
HOW DO SCALD BURNS HAPPEN?
84% of scald burns happen in the home!
Some of the ways a scald burn can happen are:

- Spills of hot coffee or tea
- Spills of hot foods (like soup) tipped from the stove or countertop or while being carried
- Spills of food or beverages cooked or heated in the microwave
- Hot tap water, in the sink, shower or bath tub

FACT: Time and temperature for a serious burn to occur in a healthy adult (young children have much thinner skin, and therefore are burned much more quickly!)

100°F – Safe Bathing temperature
120°F – 5 minutes
127°F – 1 minute
140°F – 5 seconds
155°F – 1 second

TIP: Scalds can happen away from home too!
Be sure to practice and encourage safe behaviors in restaurants, campsites, grandparents’ homes and other relatives or caregivers’ homes!

TIP: If a spill occurs in a food prep area, wipe it up right away to prevent falls while carrying hot food/beverages!

TIP: Educate visitors, babysitters and relatives about scald risks! Encourage them to practice safe behaviors.

FACT: Hot beverages such as coffee, tea or hot chocolate are normally between 165 and 180°F... a serious burn can occur in one second at 155°F! Always drink hot beverages from a travel mug with a lid when young children are in the home.

FACT: Most scald injuries happen in either the kitchen/dining areas or bathroom.
SCALD SAFETY CHECKLIST

Use this checklist to make your home safer for your family!

✓ Set your water heater to 120°F/ 48°C, or just below the medium setting.
✓ Use a thermometer to test the water coming out of your bath tap. 100°F is a safe bathing temperature.
✓ Run your hand through the bath water to test for hot spots.
✓ Never leave a small child alone in the bathtub.
✓ Never hold or carry a child while you have a hot drink in your hand.
✓ Stir and test food cooked in the microwave before serving. Open containers heated in the microwave away from you from back to front.
✓ Keep children away from the stove when cooking by using a safety gate for younger children and marking with tape a 3-foot “no-kid zone” for older children.
✓ Keep hot drinks away from the edge of tables and counters and avoid using tablecloths and placemats.
✓ Use a “travel mug” with a tight fitting lid for all hot drinks.
✓ Use oven mitts when cooking or handling hot food and drinks.
✓ Use the back burners and turn pot handles toward the back of the stove so children can’t pull them down.
✓ Be sure your path is clear when carrying or serving food (pets, children, toys, etc.)
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Clutter Busters Scavenger Hunt

FIND THESE THINGS IN YOUR ROOM...
1. Pair of pants that are too short
2. Skirts or pairs of shorts you don’t like
3. Socks without matches
4. Pieces of clothing that are faded or torn
5. Shirts that are too small
6. Books you don’t read anymore
7. Things that are broken or have missing pieces
8. Pencils, crayons or pens that are broken, dried out, too short or missing erasers
9. Toys you don’t play with anymore
10. Pieces of paper you no longer need

For more information, visit: www.burnprevention.org

KIDS CORNER

Get your kids involved in a little Spring Cleaning by making it into a game! Use the list below (or customize it to include things you know are in need of clean-up in your kid’s room(s)!) This is a great way to break up a big job into smaller, manageable steps and have fun while cleaning up! Throw away trash, and donate items that others could use. Make sure to have a prize or snack ready at the end – your child will have earned it!