

Scald Burns

Thousands of scald burns occur annually, and ALL are preventable! The two high-risk populations are children under the age of 5 and adults over 65. Continuous supervision of young children is the single most important factor in preventing scald burns. Increased awareness is the key to scald prevention!

SAFETY TIPS:

KITCHENS:

- Cook on rear burners and turn pot handles to the back of the stove.
- Avoid wearing loose clothing around open flames and roll up your sleeves.
- Never leave cooking food unattended.
- Open the microwave slowly and allow food to cool before eating.
- Make sure that children and obstacles are out of your path before carrying hot liquids.
- When young children are present, avoid using tablecloths and keep hot foods in the center of the table.
- When preparing a meal, keep children out of the kitchen area.
- Never hold a child while handling a hot liquid.
- Wipe up spills and clean your oven regularly. Built up grease can catch fire.
- Keep all cooking areas free from clutter.

BATHROOMS:

- Turn down your water heater setting to 120 degrees Fahrenheit.
- Never leave a young child unattended in the bathroom.
- Install special safety valves or remove the hot water handles in the tub/shower.
- Always test bath water with your hand or thermometer before bathing children; younger children have thinner skin than adults, which makes them more susceptible to burns.
- Never leave young children unattended in the bathtub.

FACTS AND FIGURES:

- Scalds are the leading cause of burn injuries, particularly to young children and senior adults.
- Hot liquids can cause first, second and third degree burns depending on temperature and length of exposure.
- At 155 degrees, a third degree burn can occur within 1 second.
- The risk of a scald injury could be greatly reduced by turning your water heater to a low or warm setting (120-130).