

Burn Prevention

Children are more likely to be burned than anyone else. The following information will help you keep your child safe from burns.



To Prevent *burns from radiators and space heaters*

- Never leave an infant in a crib close to radiators or space heaters.
- Teach children to stay away from heaters.
- Make sure heaters have an automatic shut-off switch that will disconnect power if tilted or turned over.
- Don't use a space heater in the bathroom.
- Make sure the heater cord is placed so it can't be stepped on.
- Keep flammable materials away from heaters and radiators.

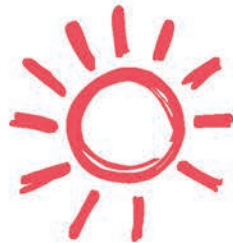
To Prevent *burns from chemicals*

- Keep all chemicals (drain cleaner, lye, dishwasher detergent, household cleaners, acid, etc.) and insect sprays in a locked cabinet out of reach of children.
- Keep the Poison Center phone number (1-800-222-1222) near all phones in case of an emergency.



To Prevent *sunburns*

- Limit your child's sun exposure between 10 a.m. and 2 p.m. when sunburns are most likely to occur. Apply a sunscreen when your child is playing in the sun, even on cloudy days. Reapply often/every two to three hours.
- Water reflects the sun's rays, and a sunburn can occur even in the shade if your child is near water.
- Before putting your child in a car seat, check for hot straps or buckles. If parked in direct sunlight, cover the seat with a towel or blanket.



Your child's pediatrician should be your primary source of advice about your child's health.

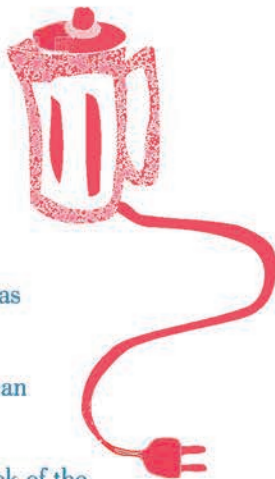
To Prevent *hot water scalds*

- It takes only a second for an accident to happen. Always watch your children.
- Never leave a young child alone in the bathroom or near water. Remember, the bathroom is not a play area.
- Set the temperature on your household hot water tank to 120°F (48°C).
- Test the water before placing your child in the tub. It's a good idea to use a temperature-measuring device or toy that changes color when the water is at the correct temperature. Aim for bath water that is around 100°F.
- Clearly mark the HOT water setting on single valve units and turn the valve to the COLD setting after filling the tub.
- Teach your children to turn on cold water first and then slowly add hot water.
- Use a cool water humidifier or vaporizer. If you use a hot water vaporizer, keep it out of your child's reach.



To Prevent *kitchen/cooking accidents*

- Keep children at a safe distance while you are pouring or drinking hot liquids. Children reach and grab at an early age.
- Never carry a child while carrying hot food or drink.
- When preparing food, place your child in a high chair, crib, playpen or another secure location.
- Seat your child at the dining table after all the food has been served and placed out of the child's reach.
- Don't use tablecloths – they're easy to tug at, which can spill hot foods onto the child.
- Keep handles on pots and pans turned toward the back of the stove, and use back burners whenever possible.
- Supervise older children when they start to cook at the stove, and don't let them wear loose shirts or nightgowns while cooking.
- Don't let appliance cords dangle over counter edges where children can grab them.
- Add a stove guard to prevent children from reaching anything on the stovetop and pulling it down on themselves.



To Prevent *microwave burns*

- Never allow children to microwave food without supervision.
- Open container lids away from you and your child, as the steam can scald skin. Use hot pads in case containers are hot.
- Stir foods to distribute heat evenly.
- Before giving food to your child, test it yourself to make sure it's not too hot.
- Some manufacturers do not recommend that their products be heated in the microwave oven. Follow recommendations on packaging.
- Never heat baby bottles in the microwave.



To Prevent *burns from flames*

- Keep children away from fireplaces, kerosene lamps, heaters, stoves and grills when in use.
- Never use lighter fluid on a burning fire or hot coals.
- Check product labels to make sure clothing and mattresses meet federal flammability standards.
- Before putting gasoline in a lawn mower, turn off the engine and let the mower cool completely. Use a funnel to pour the gas into the gas tank.
- Teach children the “stop, drop and roll” procedure and simple fire escape plans.



To Prevent *children from playing with fire*

- Teach your child that fire is dangerous.
- Keep matches, lighters, cigarettes, candles, gasoline, kerosene, gunpowder, spray cans and paint out of children's reach and locked away.
- Teach children to tell an adult when lighters and matches are lying about so that an adult can put them away safely.

To Prevent *burns from electricity*

- Never leave your baby or toddler alone in a room with electrical cords plugged into wall sockets.
- Place safety covers on electrical outlets to prevent children from sticking toys and fingers into the sockets.
- Warn your child about the dangers of fallen power lines and power poles or towers. This includes never flying kites or model airplanes near power lines.
- Teach your child that electrical appliances should never be used in or near the bathtub, shower or a sink full of water.
- Do not touch electrical cords that are broken or have wire showing.
- Keep irons, curling irons and other heat appliances and their cords out of reach. When not in use, unplug and store out of reach.