



Burn Prevention

Burns can result from contact with heat, chemicals, electricity, or radiation. They can damage not only the skin, but also other organs. They are most common in young children.

WHAT YOU SHOULD DO

Here are some tips and reminders that will protect you and your children from burns:

- Don't hold a baby when you are cooking or drinking anything hot. The baby may grab for it and get burned if it spills.
- Keep coffee pots, irons, hot foods, and boiling water away from the edge of the table or stove.
- Turn pot handles toward the back of the stove so children can't reach them.
- Never open the oven door with a child nearby.
- Before putting your child into the bathtub, check the water temperature with your wrist.
- Don't let children touch the faucet handles in the bathtub. They may turn on the hot water and get burned. **Never** leave a baby or young child alone in a tub.
- Lower your hot water heater setting to low or medium (120 degrees F).
- Use a cool mist humidifier instead of a steam vaporizer.



- Put fireplace screens or guards around fireplaces, furnaces, or radiators. Keep space heaters out of your child's reach. Don't leave a child alone around fires of any kind.
- Make sure your child's pajamas are flame-resistant.
- If you smoke, don't leave lit cigarettes unattended. Dispose of them properly. Keep cigarette lighters and matches in a safe place where children can't reach them.
- Install smoke alarms. Check them on a regular basis to make sure they are still working. Teach your children the best way to get out of the house in a fire.
- Lock up liquids that may catch on fire, such as gasoline or kerosene. Leave them in the container that they came in and label them.
- Before putting a child in a car seat, check the temperature of the seat, especially any metal parts. Cover the car seat with a towel when you park in the sun.
- To prevent sunburn, always apply sunscreen to children before going out in the sun.
- Keep children away from electrical cords. Replace frayed cords. Cover unused electrical outlets with childproof covers (available in hardware stores and baby departments).
- Test the temperature of infant food before feeding it to a baby.