

Preventing Scalds and Burns

Everything you need to know to prevent your children from scalds and burns.

Scalds

Young children have thinner skin, so they are burned more easily than adults. Since children are small, a cup of hot liquid can harm a large portion of their bodies.

Check the setting of the water heater

- Make sure that the thermostat of the water heater is set at 120 degrees Fahrenheit or less.
- When filling the bathtub, run cold water first, then add hot water.
- Check the water temperature with your entire hand before you put a child in.



Never leave a child unsupervised in the bathtub.

Keep toddlers safely away while cooking

- Put pots and pans on the back burners with the handles facing the back of the stove to prevent kids from reaching the hot items. Never hold a child while cooking or drinking hot beverages.
- For added protection, install stove latches and knob covers.



Using the microwave

- Never microwave a bottle of milk or formula. The liquid may have hot spots and burn the baby's mouth.
- If your child uses the microwave to heat up food, be there to supervise. Teach your child not to look into the microwaved food when opening the lid.

Hot irons

Hot irons and curling irons are a major cause of burns in small children. Put these items away right after use. Keep cords out of reach of toddlers and away from water.

Check for hazards in your home

- Do not overload outlets or surge protectors. Use extension cords sparingly. Put no-shock, childproof covers on electrical outlets.
- Replace frayed cords. Run cords along walls, not under carpeting or rugs.
- Keep paper, kindling and other flammable material away from the fireplace.



Other fire prevention tips

- Children start most of the home fires that kill themselves and other children. Keep matches, lighters and flammable liquids out of sight.
- Don't leave candles burning when you leave the room.

In 2012, more than 136,000 children across the country, including more than 67,000 children 4 and under, were injured due to a fire or burn and treated in emergency rooms.



