

A Parent and Caregiver Guide to **Burn Safety**



Each year, more than 100,000 children 14 and under are treated for fire and burn injuries.* The leading causes of burn injuries in young children are hot liquids and steam.

Your house is full of common things that can burn your child. Here are some easy steps that can help prevent burn injuries.

Safety devices such as cabinet locks, anti-scald devices and electrical outlet covers can be bought at home improvement stores.

* National Vital Statistics System. 2001 to 2005 nonfatal data. Hyattsville (MD): National Center for Health Statistics, 2007.

For more information, contact
Safe Kids USA
202-662-0600
www.safekids.org

Safe Kids USA
1301 Pennsylvania Avenue, NW
Suite 1000
Washington, DC 20004

Proud Program Sponsor
United States Fire Administration



Reduce water temperature

- ❏ Set the hot water heater to 120 degrees. If you rent, ask your landlord to do it.



- ❏ Consider putting anti-scald devices on faucets. A child's skin burns at lower temperatures and more quickly than adult skin.



Childproof outlets

- ❏ Place covers over open electrical outlets. Children can insert metal objects (forks or keys) into outlets, causing electrical burns.



Remove items that burn

- ❏ Teach your child to never touch matches or lighters. Store these items in locked cabinets and do not use these items for fun — children can imitate you.



- ❏ Keep children away from candles and other open flames.

- ❏ Unplug irons and curling irons when not in use. Store them out of a child's reach.



- ❏ Keep cords out of your children's reach.

Establish a "Kid-Free Zone"

- ❏ Make the stove area a "Kid-Free Zone" (3 feet is a good distance). Mark it on the floor with bright tape.
- ❏ Never leave your child alone in the kitchen.
- ❏ Do not hold children while cooking or while carrying hot foods or liquids.



Test food and drink temperature

- ❏ Taste cooked food and heated liquids to make sure they're not too hot.
- ❏ Never microwave a baby's bottle. Drinks heated in a microwave may be much hotter than their containers.
- ❏ Heat bottles with warm water and test before feeding.



Avoid hot spills

- ❏ Cook with pots and pans on back burners and turn handles away from the front.
- ❏ Keep appliance cords (i.e. coffee pot, deep fryer) out of a child's reach.
- ❏ Remove tablecloths from tables.
- ❏ Do not place hot foods or liquids near the counter or table's edge.

