



A Division of Child Safety Solutions, Inc.

SMART STEPS TO FIRE & BURN SAFETY

An average of 270 children are treated each day at hospitals for burn-related injuries. Continuous adult supervision and childproofing your home are the most important steps to help protect your children.



BE PREPARED

- Never leave children unattended in the bathroom, kitchen or room with a space heater or wood stove.
- Install smoke alarms on every level of your home, especially outside the bedrooms. Test all smoke alarms monthly and change the batteries annually or when you change your clock for Daylight Savings Time. Replace smoke alarms every ten years.
- Set your home water heater to the safest setting - 120° to 125° Farenheit. Serious burns can occur quickly in temperatures higher than 125° Farenheit.
- Install and maintain fire extinguishers in your home. Experts recommend replacing non-rechargeable fire extinguishers every seven years.



- Liquids and food cooked in microwaves are hotter than you think. Test anything that comes out of the microwave yourself before giving it to a child.
- Supervise children when they are near or using a microwave. Never let children under the age of ten remove heated items from the microwave. (The face of the person using the microwave should always be higher than the front of the door.)

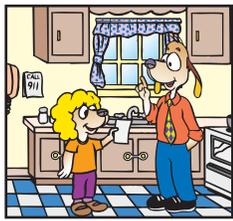
IN THE BATHROOM

- Run cold water in the bathtub first, then add hot water. Check the water with your own hand first before allowing children to get in. If the water feels hot to you, then it is too hot for children. Be sure to keep children away from tub faucets.
- Drain the tub and put tub toys away immediately after bath time so children are not tempted to return to the water without your knowledge.
- Be sure to keep children away from tub faucets. Face children away from the faucet and keep them closer to the other end of the tub.
- Keep all electrical appliances away from water.



IN THE KITCHEN

- Children should not be in the kitchen while someone is cooking. If this is not possible then establish a six foot "NO ZONE" for children under the age of ten in front of the stove and oven. Mark it with tape or a piece of carpet. Teach children why it is not safe to enter this zone.
- Keep pot handles turned in on the stove so they cannot be pulled or knocked off the stove.
- Never leave cooking appliances unattended. Keep all appliance cords away from the edge of the counter. Unplug appliance cords when not in use.



IN THE LIVING AND DINING ROOMS

- Replace frayed electrical wires and cords that can set fire to carpeting and rugs.
- Place a gate around gas furnaces and wood-burning stoves so toddlers will not touch or accidentally fall on them.

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- Keep matches and lighters out of reach. Teach children that matches and lighters are tools, not toys. Only adults should use matches, lighters and candles.



- Never use tablecloths around young children. They may pull on them causing hot liquids to spill and burn.
- Refrain from holding children or letting them sit in your lap while you are eating hot food or drinking beverages. Do not place soup, coffee, tea or other hot beverages where children can reach them.

IN THE BEDROOM

- Look for children's clothing that is labeled "flame resistant." These materials are difficult to ignite, burn slowly and go out or self extinguish when the source of flame is removed. Children should sleep in flame resistant sleepwear.



OUTSIDE

- Store gasoline outside in a tightly closed, approved container in a well-ventilated area away from sources of ignition. Never keep gasoline in your home.
- Teach children not to touch dangling electrical wires in the street or on the sidewalk. Explain that they should tell an adult and stay clear of the area.
- Mobile phones can release enough energy to ignite fuel or fumes. They should not be used in filling stations, when fueling lawn mowers, boats, etc. or around any materials that can generate flammable or explosive fumes or dust such as solvents or chemicals.

IF YOUR CHILD IS BURNED

- Remove clothing immediately from the burned area. If material sticks to the skin, cool it and leave it alone.
- Run cool, not cold, water over the affected area for five to ten minutes. Do not use ice as this can make the burn worse.
- Cover the burn with a clean, dry cloth.
- Burns that blister should always be checked by a health care provider.

PRACTICE, PRACTICE, PRACTICE

- Teach children that, in the event of a fire, the first priority is to get out of the burning building.
- Plan and practice a home fire escape plan with your children. Plan an alternative route as well, and keep the escape routes clutter free.
- Explain to children the importance of "Stop, Drop and Roll." Teach them to use this only when their clothes are on fire and they are in a safe place; not inside a burning building.
- Teach children that, when escaping smoke, they should feel doors for heat before attempting to open them. Explain the importance of crawling low beneath the smoke and practice this with your children.
- Teach children how to dial 9-1-1 from a safe place in the event of an emergency. Keep important information such as your phone number, street address and medical needs posted near the telephone. For more information, download *Smart Steps: How to Dial 9-1-1* at http://www.imsafe.com/personal_safety/smart_steps_911.pdf.



For more information,
contact the I'm Safe! Network,
www.imsafe.com.

