

Burn Safety and Prevention

Burns are recognized as the most painful and devastating injuries that a person can endure and survive. Prevention is key, as these injuries can occur anywhere, especially in the home.

There are different types of burns that can easily be sustained. Scald burn injury (caused by hot liquids or steam) is the most common type of burn-related injury among young children, while flame burns (caused by direct contact with fire) are more prevalent among older children. It is important to remember that young children have thinner skin than older children and adults, their skin burns at lower temperatures and more deeply.

Below are a few tips to remember, especially when children are present.

- A child exposed to hot tap water at 140 degrees Fahrenheit for three seconds will sustain a third-degree burn, an injury requiring hospitalization and skin grafts.
- Cook on rear burners and turn pot handles to the back of the stove and never leave cooking food unattended.
- Avoid wearing loose clothing around open flames and roll up your sleeves.
- Open the microwave slowly and allow food to cool before eating.
- When preparing a meal, keep children out of the kitchen area.
- Wipe up spills and clean your oven regularly. Built up grease can catch fire.
- Keep all cooking areas free from clutter.
- Keep matches and lighters in a safe place, away from children.
- Remember to STOP, DROP, and ROLL if your clothes catch fire. Stop, drop to the ground, cover your face and roll from side to side until the flames are extinguished.
- Cool a burn by running the area under cool water for three to five minutes.

Remember to prepare and practice your family's fire escape plan at least twice per year and test smoke alarms monthly. This will ensure your family's safety and ability to escape quickly in the event of an emergency.

For more information on burn safety, visit the Burn Institute's website at www.burninstitute.org or Safe Kids Worldwide at www.safekids.org.

