



Home Safety: Prevent Burn Injuries

In Hawai'i, 76 percent of childhood burns are scalds . . . they are 100 percent preventable.

+ FIRST AID

- *Call your child's doctor or 911 if it's an emergency (e.g. area burned larger than hand, lots of pain, burns to face, hands, genitals).*
- *Stop burning process by placing burn under cool water for 10 to 30 minutes.*
- *Keep person warm, don't allow a child to get cold.*
- *Remove clothing or jewelry near burnt skin.*
- *DON'T remove anything stuck to burn — this could cause more damage.*
- *DON'T use ice, iced water or any creams or greasy substances such as butter or aloe.*

COOKING SAFETY FOR PARENTS

- Most burn injuries occur in the child's own home.
- Children age 1 to 4 years are at the greatest risk for burns.
- Teach children to stay a safe distance from stoves and appliances. Establish a "kid-free zone."
- Never carry or hold a child while cooking or holding hot liquids.
- Kids love to reach, so use the back burner of your stove. Turn pot handles away from the edge.
- Let food cool in the kitchen before serving or putting on the table.
- During mealtime, place hot items in the center of the table, at least 10 inches from the table edge.
- Be aware that quick motions may cause liquid to spill on the child.
- Do not place hot liquids on low coffee tables that a young child can reach.
- Microwaved foods and liquids may reach temperatures hotter than boiling without the appearance of bubbling.



ENGAGE OLDER KIDS IN COOKING

- Teach older, responsible kids how to cook safely. It will make your life easier if your kids can cook some of their own meals (and maybe yours, too). Teach them never to leave the kitchen while they are using the stove or oven. Don't forget that the leading cause of home fires is unattended cooking.

- Don't allow children to use a microwave by themselves until they are tall enough to reach it safely and are able to understand that steam can cause burns.
- Instruct older kids to use oven mitts or pot holders to remove items from the oven or stove, and teach them how to use a microwave safely.

USE THE BACK BURNER AND OVEN MITTS

- Be careful if your oven mitt is wet; when combined with heat, the moisture can cause scalds.
- Slowly open containers that have been in the microwave, as steam can burn little fingers and faces.

CHECK TO MAKE SURE THE WATER TEMPERATURE IS JUST RIGHT FOR BATH

- To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or to the manufacturer's recommended setting.
- Check the water with your wrist or elbow before giving your child a bath.

CHILDPROOF YOUR ELECTRICAL OUTLETS AND APPLIANCES

Keep appliance cords out of children's reach, especially if the appliances produce a lot of heat (like a rice cooker).



Source: safekids.org

For more information on injury prevention, call 983-6786.

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