

Preventing Burns at Home Transcript

Preventing Burns at Home

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Preventing burns at home

Burns are a serious risk to children and usually occur in the home. Hot foods, open flame, and scalding water are all common sources of burns. Fortunately there are simple steps you can take to reduce your child's risk.

First, let's learn about burns, then we'll review what you can do to prevent your child from getting burned.

Do you know?

Which hot liquid burn is associated with more deaths and hospitalizations?

- Hot tap water
- Accidents involving coffee and other hot liquids
- Hotspots in drinks that were microwaved

That's right! Hot tap water is the most common source of life-threatening scalds. Luckily, there are easy ways to help prevent tap water scalds.

Spilled liquids do cause the majority of scalds, but most life-threatening scalds result from tap water. Luckily, there are easy ways to prevent this.

Hotspots in drinks can be a problem, but most life-threatening scalds result from tap water. Luckily, there are easy ways to prevent this.

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Facts

Each year, approximately 528 children ages 14 and under die due to fire- and burn-related injuries.

Children sustain approximately 116,600 injuries related to fire/burns each year.

Hot tap water accounts for nearly 1 in 4 of all scald burns among children and is associated with more deaths and hospitalizations than any other hot liquid burn.

Working smoke alarms are extremely effective at preventing fire-related death and injury. The chances of dying in a residential fire are cut in half when there is a smoke alarm.

For a comprehensive Fact Sheet, click on the Facts button.

What can I do?

In and around our homes there are many things that can pose a burn hazard for children, from grills to bath water. Fortunately, there are many things you can do to help prevent your child from getting burned.

Do you know?

How many smoke detectors should be installed in your home?

- One on each floor
- One on each floor and one in each bedroom
- One in the kitchen and another if there is a second floor

You do need one on each floor, including a basement that may not have a living space. But it's best to have one in each bedroom as well.

That's right! It's best to have one on every floor, including the basement, and in every bedroom.

While it's good to have them in those areas, more coverage is needed. You should have one on every floor and one in each bedroom.

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Water temperature

Hot tap water is the number one source of life-threatening scalds for children. Adjusting your water heater to a maximum temperature of 120 degrees or lower can help reduce the chances your child will be scalded. You can also install anti-scald devices on faucets and shower heads. Scalds can occur very quickly, especially at high temperatures.

Click on the download button for a printable chart of these scalding times based on temperature.

In the kitchen

The kitchen has many elements that can cause burns, and it's important to protect your child.

When you are cooking, make sure your child stays at least three feet away from the cooking area.

Make sure pot handles are turned in so they can't be knocked over.

Oven latches are a good way to ensure that your child is not able to open a hot oven.

In the kitchen

If you are holding your child, put him down in a safe place before cooking or handling hot food or drink.

In the kitchen

When your child is helping you cook, keep her under constant supervision and give her safe tasks like mixing batter or putting toppings on a pizza.

In the kitchen

Supervise your child at all times when she uses any cooking appliances - including the toaster and microwave.

Hot food and drink

Make sure you check the temperature of the food and drinks you give your child. Microwaves do not heat food and drinks evenly, causing hot spots, so be sure to check more than one part of the food before serving your child.

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Matches, lighters, and smoking

Matches and lighters are dangerous objects for children. Keep these items out of your child's reach.

If you or others in your household smoke, you need to be especially careful.

Limit smoking to the outdoors, and keep cigarettes, cigars, matches, and lighters away from your child, including cigarette butts and matches that have already burned out.

There are many programs to help smokers quit. If you need help, talk to your health care provider.

Open flame and other heat sources

Candles, fireplaces and stoves, and outdoor fire pits and grills are dangerous burn risks for your child. Candles are a common source of open flame, and a leading cause of home fires.

Always be present when open flames are in use, and keep your child a safe distance away.

Other hot household items

There are many household items that take a while to cool down, and your child may not know if an item was recently on. Irons, hair curlers and straighteners, and space heaters are typical examples. Keep your child away from these when they are on or cooling down.

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Smoke detectors

Smoke detectors save lives; make sure you are properly protected in your home.

There should be at least one smoke detector on every level, including the basement.

Every sleeping area should have a smoke detector.

In older homes, a smoke detector must be no more than 8 feet from every bedroom. It's safest to keep bedroom doors closed because fire won't travel as fast. If you sleep with bedroom doors closed, you should have a detector in every bedroom.

Building codes require newer homes to have a detector in every bedroom.

Smoke detectors

If your detectors use batteries, test them every month. Change batteries at least once a year even if they are still working. Consider using 10 year lithium batteries.

If you have smoke detectors that are hard-wired in your home, read the instruction manual for proper testing and maintenance, and be sure they have a battery backup in case the power goes out in your home.

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Fire escape plan

Smoke detectors can alert you of a potential fire. To fully protect your family, you need to have a fire escape plan in place.

Have two ways out of every room.

Your family should understand that getting out quickly and safely is the goal. Children should learn how to safely exit the house, including staying away from hot doors and keeping low to the ground. If you have a younger child, make sure your family has a clear plan for who is responsible for getting her to safety.

Once outside the home, your family should have a meeting place, such as a tree in the front yard or the neighbor's porch.

And remember, once you and your family are outside, stay outside.

Practice your exit plan as a family to make sure it works and everyone knows what to do in case of fire.

Burn treatment

Your child may experience a minor burn that can be treated at home.

For a minor burn, run the area under cold water only. Do not use ice, butter, or other ointments. Cover lightly with gauze and check regularly to make sure it is healing properly.

If you are concerned about how serious the burn is, seek medical attention or call 911 immediately.

Preventing burns at home

Burn hazards are all around us. But by knowing burn safety basics and practicing caution around heat sources, you can help make your home a burn-free zone.

Thank You

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