

Protect Your Child from Scalds and Burns

According to National Fire Protection Agency (NFPA) reports, between 2000 and 2003, there were an average of 318,000 medically attended burn injuries each year. Not all of these burns were the result of a fire. The sources of the burns range from contact with hot gases and liquids to electrical and chemical. There are no consistent age differences in the rate of burns, however, national hospital emergency room data shows a much higher burn injury rate for children age four or younger than for other ages. Although it's important to remove all possible sources of burn injury and remain cautious, we are entering the holiday season and must pay special attention to heating and cooking. If a minor burn should occur, know the steps to take. Cool a burn within the first two minutes using cool water for three to five minutes. Do not apply ice, grease, butter or ointment, or break the blister which would cause further injury.

Cooking and Heating Tips

- Keep cooking areas clean and uncluttered
- Never leave food unattended while cooking
- Teach children that hot things burn
- Always use pot holders to avoid burns and never lay pot holders or cloths on any stove
- Keep children away from cooking areas; always enforce a three-foot "safe zone" around any place where hot food or drink is being prepared or carried
- Keep hot foods and liquids away from table and counter edges
- When young children are present, use the stove's back burners whenever possible
- Turn pot handles inward on the stove to prevent children from bumping or grabbing them
- Never hold a child while cooking, drinking, or carrying hot foods or liquids
- Do not use your oven to heat your home
- Space heaters should be at least three feet away from walls and draperies, furniture, or anything that can burn
- Portable space heaters should be turned off every time you leave the room or go to bed
- Don't overload receptacle outlets
- Receptacle outlets should have plastic safety covers in homes with small children

For more information on issues related to injury prevention visit:

www.adph.org/injuryprevention, www.homesafetycouncil.org, or www.nfpa.org.