

Be Burn Aware!

Keep Children Safe from Burn Injuries in the Home

Thousands of children sustain burn injuries in their homes every year. Many of these injuries could have been prevented. Here are some safety tips to help keep your children – and you – safe at home:

Be Safe throughout the House

- 1 Use electrical outlet covers.
- 2 Unplug electrical appliances when not in use.
- 3 Install an appropriate number of smoke detectors – one near each bedroom, one at the top of each stairway and one near the planned escape route.
- 4 Teach your children that matches are a tool, and not a toy.
- 5 Keep matches out of reach of younger children, and allow older children to use them only when supervised.
- 6 Store all chemicals and cleaners out of reach of children, or lock the cabinet.
- 7 Replace damaged electrical cords.
- 8 Have the fireplace and chimney inspected every year before the cold weather season.
- 9 Do not leave lighted candles unattended.
- 10 Store all flammable liquids properly.

Call 911
in the case of
an emergency.

burnawareness.org



Shriners Hospitals
for Children®
Love to the rescue.™

If it is determined your child needs treatment at a pediatric burn center, Shriners Hospitals for Children® has expert centers located in Boston; Cincinnati; Galveston, Texas and Sacramento, Calif. For more information, visit shrinershospitalsforchildren.org

Be Safe in the Bathroom!

- 1 Always supervise children in the bath.
- 2 If the water feels hot, it is too hot for a child.
- 3 Have a latch-bolt on the outside of the bathroom door so young children cannot enter the bathroom unsupervised.
- 4 The water in a child's bath should not exceed 104° F. Set your water heater no higher than 120° F.
 - 5 Run cold water in the tub first, and then add warmer water.
- 6 Before placing a child in the tub, test the water temperature by moving your hand through the water.
- 7 When placing a child in the bathtub, face them away from the faucets and as close to the other end of the tub as possible.
- 8 If you let your children play with toys while in the bathtub, do not leave them unattended.
 - 9 Consider not permitting toys in the bathtub.

Be Kitchen & Dining Room Smart!

- 1 Always supervise children in the kitchen and dining area.
- 2 Keep children away from everything that is hot.
- 3 If young children are in the home, use placemats rather than tablecloths.
 - 4 Keep all hot items and anything electrical out of reach of children and away from edges of tables and counters.
 - 5 Establish a kid-free zone, where young children can be watched but are safely out of the kitchen while cooking is being done.
 - 6 Do not use deep-fryers with children present.
 - 7 Keep pot handles turned inward; use oven mitts or pot holders.
- 8 Keep clothing from coming into contact with flames or heating elements.
 - 9 Store all chemicals and cleaners out of reach of children, or lock the cabinet.
- 10 Follow instructions and cautions for heating items in a microwave oven.
 - 11 Avoid area rugs in the kitchen.
- 12 Do not handle hot items while holding young children.

Shriners Hospitals for Children is changing lives every day through innovative pediatric specialty care, world-class research and outstanding medical education. The 22 facilities in the United States, Canada and Mexico provide advanced care for children with orthopaedic conditions, burns, spinal cord injuries, and cleft lip and palate. For more information, visit shrinershospitalsforchildren.org.

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