

Burn prevention

- 1) Since burn injuries are statistically more likely to occur while a person is in their own home remember to install smoke detectors and carbon monoxide detectors and check batteries regularly.
- 2) Turn hot water heater temperature down below 120 degrees Fahrenheit. The safest bathing temperature is 100 degrees Fahrenheit. Child day care centers should have their water heaters adjusted to no higher than 110 degrees Fahrenheit. Newer water heaters located at private and public areas are set at lower settings.
- 3) Do not hold an infant in your lap while smoking or drinking hot liquids. A decrease in smoking helps prevent burn injuries.
- 4) Do not hold an infant while you are cooking.
- 5) Use fire retardant mattresses and install residential sprinkler systems if possible.
- 6) Use burn prevention cooking methods, such as turning pan handles away from counter edges.
- 7) Do not place the infant near the area where you are cooking or using hot fluids for any reason.
- 8) Enforce a kid-free zone around areas of outdoor cooking and in the kitchen while cooking is being performed.
- 9) While the infant is in the sun, use sun screen and cover the exposed scalp with a hat. The American Burn Association recommends that infants under six months of age stay out of the sun and that no sunscreen be applied to their skin.
- 10) Children under one year of age should not be playing in direct sunlight without proper attire and adequate shelter.
- 11) Children under two years of age may wear sunscreen with SPF 30.
- 12) Place plastic plugs in electrical outlets and keep small objects out of the infants reach.
- 13) Keep the floor clean of small items.

- 14) Infants are learning to explore their environment by crawling and developing their fine motor skills.
- 15) Please install Ground Fault Circuit Interrupters if possible.
- 16) Keep cords tucked away or out of sight.
- 17) Appliances and cords on counter tops should be positioned well out of reach from young children.
- 18) Teach children very early in life about the hazards of electricity.
- 19) Never carry a child while also carrying a hot beverage or plate of food.
- 20) Never leave hot beverages or plates of food within reach of a toddler.
- 21) Do not give a toddler food right out of the microwave oven.
- 22) Do not allow children to play around stoves while food is cooking.
- 23) Create a zone in the kitchen that a toddler may play in while cooking.
- 24) Prevent burns by turning handles of pans and skillets away from the outer edge of a counter top or stove top.
- 25) Cook on the back burners of a stove-top.
- 26) Keep matches securely stored in child proof areas of the household.
- 27) Use sunscreen and protective clothing while in daylight, especially between the hours of 10:00 a.m. and 3:00 p.m.
- 28) While the toddler is in the sun, use of sun screen and coverage of the exposed scalp with a hat is very important.
- 29) Toddlers do not have the amount of pigment in their skin that adults have and therefore can not tolerate the same amount of time in the sun as adults do. Toddlers tend not move themselves out of the sun and do not possess the developmental skills to suggest to someone to take them out of the sun.
- 30) The American Burn Association recommends that children between one and two years of age may wear sunscreen with SPF 30.
- 31) Toddlers will put their mouths on electrical cords or insert their fingers in electrical sockets.

- 32) Toddlers have well-developed pincer grasps and are able to pick up small items and easily stick them in electrical sockets.
- 33) Toddlers will pick up paper clips, bobby pins and safety pins and insert them in electrical sockets and appliances.
- 34) As toddlers improve their walking skills their risk for injury or death associated with electrocution increases.
- 35) Electrical devices such as TVs, radios and blow-dryers should not be used around bathtubs during bath time.
- 36) Electrocution injuries can be sustained by unsafe equipment that is utilized in the presence of a toddler.
- 37) Toddlers place things in their mouths. So items such as electrical cords may cause death by electrocution.
- 38) Place plastic covers in electrical outlets.
- 39) Teach children to avoid playing near electrical appliances and cords.
- 40) Keep small objects out of the toddler's reach.
- 41) Toddlers explore their environment by walking and continue to develop their fine motor skills.
- 42) Cool mist humidifiers are safer than steam vaporizers.
- 43) While cooking food, never leave a barbecue grill or stove unattended with children around.
- 44) If you park your car in direct sunlight, or on a hot day, check the baby seat temperature before placing a child in it.
- 45) As fun as fireworks are to watch and play with, leave the fireworks to trained individuals and watch from a distance. Even sparklers are capable of severely burning and significantly harming a child.
- 46) Keep all combustible material safely locked up in child resistant storage areas.
- 47) Keep all lighters and matches safely hidden or locked away.
- 48) Do not smoke in the house or while lying in bed. Ensure that cigarette butts are completely put out prior to disposing of them. Do not throw

- cigarette butts on the ground. Prior to discarding ash trays in the garbage, ensure that the cigarette butts are cooled completely.
- 49) Supervise children while they are cooking, do not let them engage in cooking activity until it is age appropriate for them to be safe with micro-waved food and cooking in the range top.
 - 50) Never leave a space heater on unattended or while you are sleeping.
 - 51) Make sure you put out burning candles before you leave the room or fall asleep. And don't burn candles in areas where children are playing.
 - 52) Install smoke alarms on every floor of the house, apartment or building. One smoke alarm is not enough. You should install smoke alarms by every stairway and bedroom if the building is large. Make sure you have extra batteries and a routine for checking your batteries. With smoke alarms, the chances of dying in a house fire are reduced by approximately 50%. If a sprinkler system is present, then death by house fire is reduced by approximately 80%.
 - 53) Devise a fire escape plan and practice it with the children. Know at least two exits in the floor plan. Participating in fire safety programs with the local fire department will save your life. Because waking up to a house full of black smoke will cause disorientation due to lack of oxygen and inability to see. You must have a plan to save you and your children under these circumstances already devised. Small children like to hide during fires and this will delay finding them and exiting the burning structure.
 - 54) Avoid exposing an infant to direct sun light during peak hours of sunshine, between the hours of 10:00 AM to 3:00 PM.
 - 55) Remember to be cautious of fireplaces while a fire is burning. Fire place screens that are affixed to the fireplace are safer for children than free-standing fire place screens.
 - 56) Never leave an infant unattended in a room where a fire place is burning.
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 - 58) Infant and children clothing should be made from non-flammable material.

- 59) Place barriers in front of heat-emitting appliances. Heightened awareness is indicated during the winter months when Christmas trees and heaters are present.
- 60) Teach children the meaning of hot as soon as they are able to understand the concept. Children should be taught to avoid the dangers of playing with matches and open flames too. Caregivers should model appropriate behavior and management of open flames.
- 61) Keep oven doors closed while in use.
- 62) Do not drink hot beverages while holding an infant or child.
- 63) Do not leave toddlers unattended in tubs, it takes minimal effort to turn on the hot water faucet and a child may burn himself in hot water when left alone.