

Burns & Childhood Accidents

Burns, especially hot water burns (scalds), are some of the most common childhood accidents. Babies and children may be more susceptible to burns than adults are: they're curious, they're small, and they have sensitive skin that needs extra protection. Use these burn-prevention tips when your children are in different parts of the house, the car, and the great outdoors:

Bathroom

- Set the thermostat on your hot water heater to 120 degrees F or lower. A child can be scalded in 30 seconds if the temperature is only 5 degrees higher. If you are unable to control the water temperature (for example, you live in an apartment), install an anti-scald device. This will slow water from tub spouts to a trickle if it reaches a certain temperature.



Kitchen/Dining Room

- When cooking, always turn pot handles toward the back of the stove.
- Don't hold a baby or small child while cooking.
- If you have to walk with hot liquid in the kitchen (like a pot of soup or cup of coffee), make sure you know where your child is, so you don't trip over him.
- Never drink hot beverages or soup with a child sitting on your lap.
- Avoid using tablecloths or large place mats. A small child can pull on them and overturn a hot drink or plate of food.
- Block access to the stove as much as possible.
- Never warm baby bottles full of milk in the microwave oven. The liquid may heat unevenly, resulting in pockets of milk that can scald your baby's mouth.
- Fireplaces and wood stoves must be screened. Radiators and electric baseboard heaters may need to be screened as well.



Outdoors/In the Car

- Use playground equipment with caution. If it is very hot outside, use the equipment only in the morning, when it has had a chance to cool down during the night.
- Children can get burns from hot vinyl and metal, so remove your child's safety seat or stroller from the hot sun when not in use. If you must leave it in the sun, cover it with a blanket or towel.
- Before leaving your parked car on a hot day, hide the seatbelts' metal latch plates in the seats to prevent the sun from hitting them directly.

