



National Burn  
Awareness Week  
February 5-11, 2017

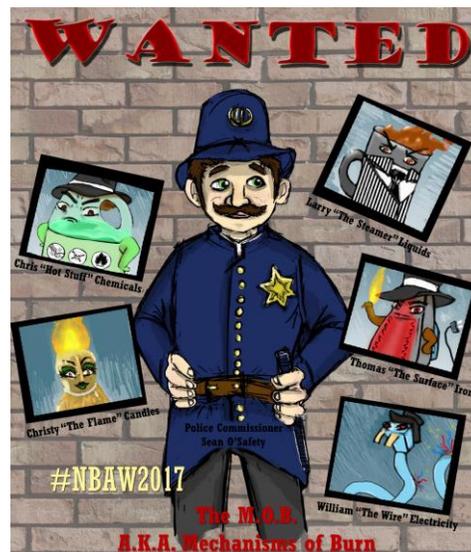


## Special Tips for Homes with Children

*Children are at higher risk for burn injuries due to their immature motor and cognitive skills and dependence on adults for supervision and safety.*

- When cooking use back burners and turn pot handles toward the back of the stove so children cannot pull them down.
- Keep children away from the stove when cooking by using a safety gate for younger children and marking with tape a 3-foot “no-kid zone” (in front of the stove) for older children.
- Keep hot drinks and food away from table and counter edges. Avoid using tablecloths and placemats.
- Use a travel mug with a tight-fitting lid for all hot drinks.
- Never hold an infant or child while cooking, drinking a hot liquid, or carrying hot items.
- Keep children away from electric cords and outlets to prevent shock, burns or electrocution. Use (clear) plastic covers for all outlets.
- When using appliances that get hot (such as an iron, curlers, crockpot, coffee pot), make sure the device and cord are placed out of the reach of children.
- Teach children that matches and lighters are tools for adults only. Older children may only use them (after obtaining permission) in a safe manner and while under proper adult supervision.
- Keep matches and lighters high out of the reach and sight of children, in a locked cabinet.
- Closely supervise older children when using microwaves, or have them prepare non-hot food. Many burn injuries occur from children pulling hot foods and soups out of microwaves.
- Teach children to **stop, drop, and roll** if their clothes catch fire.
- Test the water before placing a child in the tub. Fill the tub or sink by running cool water first and then adding hot water. Seat the child facing away from the faucets.
- Glass doors on gas fireplaces (GFGF) can remain hot enough to cause deep burn injuries up to 1 hour of being shut-off. Fit GFGF with protective barriers, maintain a 3-foot no-kid zone, and keep wall switches and remote controls out of the reach of children.

- ❑ Encourage parents, caregivers, and babysitters to ask for assistance when they are feeling frustrated or overwhelmed. Instruct them to set a child down, walk away, deep breathe, count to ten, and ask for help if they feel they can't control their anger or are having thoughts of harming a child.
- ❑ Leave fireworks shows to the pros! Do not allow children to play with fireworks. Sparklers, often erroneously considered “safe,” burn at about 1,800°F or 8.5 times hotter than boiling water!
- ❑ Keep babies out of direct sun exposure until they are at least 6 months old. For older children, apply sunscreen 30 minutes before they go outside and reapply it every two hours—more often if they go swimming or are sweating.



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