



**Burns and scalds can happen to anyone. Most burn injuries occur in the home and each year thousands of Canadians visit hospital emergency rooms for treatment. Burns and scalds are preventable.**

## WHAT YOU NEED TO KNOW

**Young children are at most risk.** Young children have thinner skin resulting in deeper burns than adults. They have little control of their environment, less understanding of danger and often limited ability to escape a burn situation on their own.

**Elders also need our help.** Older adults, like young children, have thinner skin so hot liquids cause deeper burns with even brief exposure. Their ability to feel heat may be decreased by certain medical conditions or medications so they may not realize water is too hot until injury has occurred.

## PREVENTING BURNS AND SCALDS

**In the Kitchen.** The kitchen is a place where burn injuries can happen in seconds. To keep it a safe place for children, create a 'child free zone' of 3 feet around hot appliances like the stove. Turn handles of pot and pans toward the back of the stove and use back burners whenever possible. When removing covers of microwaved foods, slowly lift the corner away from your face or arm.

**In Family Areas.** To prevent spills, keep hot foods and liquids away from table edges, and avoid placing them where children can easily reach them. NEVER carry hot foods and beverages while holding a child.

**In the Bathroom.** Provide constant adult supervision of young children when in the bath, shower, or around the sink. When filling the tub, always run cool water first, then add hot. When the tub is filled, always turn the hot water off first. Mix the water

thoroughly and check the temperature by moving your hand through the water before allowing someone to get in. The water should feel warm, not hot to touch.

## TREATING BURN INJURIES

**Remove.** Remove all clothing from the burn injured area. Remove any jewelry or clothing near the affected area to reduce the temperature on the skin. If items are stuck to the burn, don't remove them. This can cause further damage.

**Cool.** Cool the burn with COOL (not cold) water for 10-15 minutes, to stop the burning process.

**Cover.** Cover with a cool dry bandage.

**Seek.** Seek medical attention as needed.

## REDUCE HOT WATER TEMPERATURES

### TAKE ACTION to prevent painful scalds...

Hot tap water can cause serious scald injuries. The severity of the injury depends on the temperature to which the skin is exposed and how long it is exposed.

Prevent scald injuries by setting hot water thermostats no higher than 49 C (120 F).

Remember, ALWAYS check the water temperature with your hand before your child touches it.