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Burn and Scald Prevention Tips

Reduce water temperature. Children's skin burns at lower temperatures and more deeply than that of older children and adults.

- » Set your water heater thermostat at 120 degrees Fahrenheit.
- » Test the bathwater with your wrist or elbow before placing your child in it.
- » Consider installing anti-scald devices on water faucets and shower heads that turn off the water if the temperature is too hot.



Childproof outlets. Children can insert metal objects, such as forks or keys, into outlets, causing electrical burns.

- » Cover unused electrical outlets with safety devices.

Remove items that can burn easily.

- » Keep matches, gasoline and lighters locked away and out of children's reach. Do not use these items for fun - children can imitate you.
- » Never leave a burning candle unattended. Place candles in safe locations, away from combustible materials and where children or pets cannot tip them over.
- » Unplug irons and curling irons when not in use. Store them out of a child's reach.
- » Keep appliance cords out of children's reach, especially if the appliances contain hot foods or liquids.

Establish a "kid-free zone" and avoid hot spills.

- » Keep children away from cooking and heating appliances. Never leave the kitchen while you are cooking. If you must leave the room, take the child with you.
- » Cook with pots and pans on back burners and turn handles away from the front.
- » Keep hot foods and liquids away from table and counter edges.
- » Remove tablecloths from tables.
- » Never carry or hold children and hot foods or liquids at the same time.
- » Do not allow young children to use the microwave.



Test food and drink temperature.

- » Taste cooked food and heated liquids to make sure they are not too hot for your child.
- » Never microwave your baby's bottle. Drinks heated in a microwave may be much hotter than their containers.
- » Heat bottles with warm water and test them before feeding your baby.

“COOL-A-BURN”

Should you suffer a small burn, immediately immerse the burned area in cool water and keep it there for 15 to 20 minutes. NEVER put ice or butter on a burn. That will only do more damage to the skin and prevent healing.

“RULE OF PALM!”

If the burn is as large as the size of the palm of the person’s hand, go to an urgent care or emergency room for medical help. Obviously, a child’s palm is smaller than an adult’s palm.

A first degree burn means reddened skin, similar to sunburn. A second degree burn has blisters (and you should never puncture a blister). A third degree or full thickness burn generally requires a skin graft in order to heal.

Even small burns, depending on where they are located, can become life-threatening. Watch them carefully to prevent infection.