

# AVOIDING BURNS

## QUICK CHECKLIST



### KITCHEN

- + Make your kitchen a “kid free zone” to keep kids away from the stove, oven and other appliances. Scalds are the most common types of burns for children.
- + Never leave the kitchen when you are cooking something.
- + Keep pot handles turned over the stovetop.
- + Turn off appliances as soon as cooking is done.
- + Before you eat it, give food cooked in a microwave extra time to cool.
- + Do not heat a baby bottle in the microwave.
- + Make sure a child cannot turn the knobs on the stove.
- + Never cook or eat hot foods or drink hot liquids while holding a child.
- + Store candy, cookies and other tasty treats away from the stove so children can't get burned while trying to get them.
- + Never leave the oven door open. A child can trip and fall onto the hot surface.



### GRILL

- + Keep your grill at least 10 feet away from your house, bushes or other flammable materials.
- + Never, ever use a match to check for leaks.
- + Find leaks by spraying soapy water on gas line connections. If you see water bubbles, there is a leak.
- + Never use gasoline as a starter fluid for charcoal grills.
- + Dispose of hot coals properly: Soak with water and then stir to make sure the fire is out.
- + Always shut off propane tank valve when not in use.
- + Never try to light a gas grill with the lid closed.
- + Always wear short sleeves and/or tight-fitting clothing while grilling.



### GENERAL TIPS

- + Remember: Space heaters need space. Keep them 36 inches away from items that can catch fire.
- + Have a working fire extinguisher close by.
- + Check your extension and power cords and replace any that are damaged.
- + Don't connect more than two extension cords.
- + Never run an extension cord under a rug.
- + Make sure electrical outlets are not overloaded.
- + Test the Temp: Your hot water heater thermostat should be set no higher than 120°F.



# BATTLING THE BURN

## TIPS ON TREATING BURNS AT HOME

### FIRST:

Stop the burning process by safely removing the source of the burn.

### THEN:

Remove any jewelry or clothing around the burned area. This will help prevent further damage if swelling occurs. If clothing is stuck to the burn site, do not peel it off. Instead, call 911 immediately.

### TO TREAT:

Run cool tap water over the burn for at least 20 minutes. DO NOT use ice.

### ASSESS:

**DETERMINE THE SEVERITY OF THE BURN.**

**FIRST DEGREE BURNS:** Simple redness. No blistering.

**SECOND DEGREE BURNS:** Redness with blistering of the skin. May be accompanied by swelling. Often the most painful kind of burn. Do not pop the blisters. Seek medical treatment.

**THIRD DEGREE BURNS:** Several layers of skin are actually burned away. Skin may have a charred appearance. Burn site usually does not blister due to severity of damage to skin. This burn requires professional medical treatment.

**IF YOU ARE UNSURE ABOUT THE SEVERITY OF THE BURN, SEEK MEDICAL ATTENTION!**

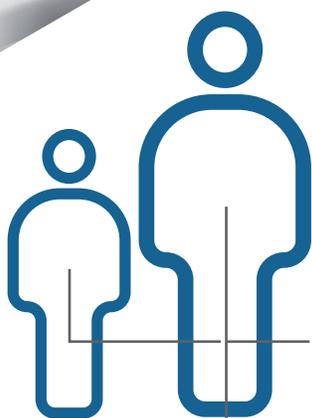
### DO NOT:

- + Do not use ice to cool a burn! Ice may cause more damage to the burned area!
- + Do not apply butter, grease, honey or powder.
- + Do not use cotton balls or wool to clean a burn.

### DO:

- + Cover the burn with a dry, clean cloth.
- + Use ibuprofen for pain management.

## WHAT ARE THE COMMON CAUSES AND LOCATIONS OF BURNS?



### IN CHILDREN

- + In children, we most often see scald burns.

### IN ADULTS

- + In adults, flame burns are the leading culprit.



**BURNS CAN DAMAGE ANY PART OF THE BODY, SOMETIMES AFFECTING FUNCTION.**

