

# Be Burn Aware!

## Safety Begins at Home

**Thousands of children sustain burn injuries in their homes every year. Many of these injuries could have been prevented. Here are some safety tips to help keep your children - and you - safe at home:**

### **Safety All Through the Home:**

- Use electrical outlet covers.
- Unplug electrical appliances when not in use.
- Install an appropriate number of smoke detectors - one near each bedroom, one at the top of each stairway and one near the planned escape route.
- Teach your children that matches are a tool, and not a toy. Keep matches out of reach of younger children, and allow older children to use them only when supervised.
- Store all flammable liquids properly.
- Store all chemicals and cleaners out of reach of children, or lock the cabinet.
- Have the electrical wiring in your house checked professionally every 10 years.
- Have the fireplace and chimney inspected every year before the cold weather season.
- Replace damaged electrical cords.
- Do not leave lighted candles unattended.
- Gasoline has only one purpose: to fuel an engine.

### **Safety in the Kitchen and Dining Area:**

- Always supervise children in the kitchen and dining area.
- Keep children away from everything that is hot.
- If young children are in the home, use placemats rather than tablecloths.
- Keep all hot items and anything electrical out of reach of children and away from edges of tables and counters.
- Establish a kid-free zone, where young children can be watched but are safely out of the kitchen while cooking is being done.
- Do not use deep-fryers with children present.
- Keep pot handles turned inward; use oven mitts or pot holders. Keep clothing from coming into contact with flames or heating elements.
- Store all chemicals and cleaners out of reach of children, or lock the cabinet.
- Follow instructions and cautions for heating items in a microwave oven.
- Avoid area rugs in the kitchen.
- Do not handle hot items while holding young children.

### **Safety in the Bathroom:**

- Have a latch-bolt on the outside of the bathroom door so young children cannot enter the bathroom unsupervised.
- Always supervise children in the bath.
- The water in a child's bath should not exceed 104° F. Set your water heater no higher than 120° F.
- Run cold water in the tub first, and then add warmer water.
- Before placing a child in the tub, test the water temperature by moving your hand through the water.
- If the water feels hot, it is too hot for a child.
- When placing a child in the bathtub, face them away from the faucets and as close to the other end of the tub as possible.
- If you let your children play with toys while in the bathtub, do not leave them unattended.
- Consider not permitting toys in the bathtub.

### **Safety Planning in Case a Fire Does Occur:**

- Have an escape plan, including two exits from each room, in place.
- Practice using the plan.
- Have a designated meeting place at a safe distance from the home.
- Call 911 in the case of an emergency.



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Preventing Burn Injuries