

Be Burn Aware!

Keep Children From Fire

Approximately 85 percent of fire-related deaths occur in homes. And every year, hundreds of children under age 10 die in home fires.

Fires and burns are a leading cause of deaths that occur in the home, and a leading cause of injury-related fatalities among children. Many of these incidents could be prevented by following some prevention tips and precautions.

To Help Prevent Fires:



- Follow safe cooking practices: Never leave food that is cooking unattended; supervise children's use of the stove, oven or microwave.
- Install and maintain smoke alarms on every floor of the home and near every bedroom. Test them monthly.
- Teach children that fire is not a toy, and can be dangerous.
- Keep matches and lighters locked up and away from children.
- Keep electrical cords from being trapped against walls.
- Do not overload electrical circuits or extension cords.
- Do not place electrical cords or wires under rugs, over nails or in high-traffic areas.
- Shut off and unplug appliances that sputter, spark or smell. Have them checked and repaired, or replaced.
- Be careful when using portable heaters. Be sure bedding, clothing and other combustible items are at least 3 feet from space heaters.
- Replace mattresses made prior to 2007, when flammability standards were implemented.

- Use fireplace screens and have the chimney cleaned annually.
- Kerosene heaters should only be used when approved by authorities. Do not use gasoline or camp-stove fuel. Refuel outside and only when the unit is cool.

Be Prepared for a Fire:

Fires occur quickly. In less than 30 seconds a single flame can become a fire. In two minutes, it can become life-threatening; in five minutes a residence can be destroyed. To protect yourself and your family, be prepared:

- Have an escape plan, and practice it with the children. Learn two ways out of every room, and agree on a meeting place outside the building.
- If you live in a multi-floor building, know the best route to the stairwell and emergency exits.
- If you are in a room with a closed door when fire occurs, take these extra precautions:
 - Do not open the door if you see smoke under it.
 - If you don't see smoke, check the door handle. If it is hot, do not open the door.
 - If you can open the door, and there is no smoke or heat, proceed quickly to your exit.
 - Stay low to the ground as you exit.
 - If you can't get out right away, yell for help or call 911 if you have a phone. Do not hide in a closet or under a bed.

Sources: KidsHealth.org, Ready.gov, Centers for Disease Control and Prevention, U.S. Fire Administration and Safe Kids Worldwide.

beburnaware.org

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Burn Awareness
Preventing Burn Injuries