

BURN PREVENTION



Every day, more than 300 children are treated for burn-related injuries in emergency rooms nationwide. Sadly, two children die daily as a result of being burned.

The Los Angeles County Fire Department has tips on how to keep your children safe and prevent them from scalding and burns.

How to Prevent Scalding

- To prevent spills, use the back burner and turn pot handles away from the stove's edge.
- Appliance cords coiled and away from counter edges.
- Use oven mitts or potholders when moving hot food from ovens, microwave ovens, or stove-tops. Never use wet oven mitts or potholders as they can cause scald burns.
- Replace old, torn, or worn oven mitts or potholders.
- Slowly open heated food containers away from the face to avoid steam burns.
- Foods heat unevenly in the microwave. Stir and test them before eating.
- Keep children away from cooking areas by enforcing a "kid-free zone" of three feet around the stove. Children should also be kept away from any place where hot foods or drinks are being prepared or carried.
- Keep hot foods and liquids away from table and counter edges.
- Never hold a child while cooking, drinking, or carrying hot foods or liquids.
- Teach children that hot things burn.
- When children are old enough, teach them to cook safely. Supervise them closely.

If You Are Burned

- Immediately put cool water on the burn to treat it. Cool the burn for at least five minutes.
- Cover a burn with a clean, dry cloth. Do not apply creams, ointments, sprays, or other home remedies.
- Remove all clothing, diapers, jewelry, and metal from the burned area. These can hide underlying burns and retain heat which can increase skin damage.
- If the burn is larger than your fist or if you have any questions about how to treat it, seek medical attention right away.
- If the burn does not heal in two to three days, see your doctor as soon as possible.

How to Stop, Drop & Roll

If your clothes catch fire:

- 1. Stop** where you are.
- 2. Drop** to the ground and cover your eyes and mouth with your hands.
- 3. Roll** over and over, and back and forth until the flames are out.



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