



For Immediate Release

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Children's Burn Foundation Issues Safety Tips to Prevent Scald & Contact Burns In Conjunction with National Burn Awareness Week Feb. 1-7

SHERMAN OAKS, Calif. – Feb. 4, 2009 – The Children's Burn Foundation, which provides the expertise and programs to prevent pediatric burns and to heal severely burned children, released today in conjunction with National Burn Awareness Week, Feb. 1-7, 2009, **Guidelines to Prevent Scald and Contact Burn Injuries.**

Scalds remain the leading cause in the U.S. of burn injury for children. Each year 250,000 children, aged 0-17, are burned seriously enough to require medical attention. Of those, **200,000** are burned by contact with hot substances and objects such as hot coffee, tea and curling irons. Mindful of these facts, the Children's Burn Foundation has developed scald and contact burn prevention guidelines for parents and caregivers to ensure that children are safeguarded from these preventable burns.

"Scalds account for 75% of all burn injuries in children under four years of age," said **Barbara Friedman**, executive director of the Children's Burn Foundation. "As young children have little control over their environment and less perception of danger they are more likely to be injured than adults, especially in the kitchen or bathroom. The Foundation wants to remind parents to supervise young children at all times especially when bathing them, preparing meals or using hot objects such as clothing irons, curling irons or space heaters."

Friedman went on to state, "The best way to prevent scald and contact burn injuries is to be vigilant."

If a child suffers burns, the first step is to immediately apply cool water (not cold water or ice) for approximately 20 minutes and then cover the burn with a clean, dry cloth. If the burn is larger than a person's hand, to the face or genitals or is gray and leathery the child should then be taken to the nearest emergency room or urgent care center.

About the Children's Burn Foundation:

Since 1985, the Sherman Oaks, CA-based Children's Burn Foundation has served children in Southern California and around the world to provide state-of-the-art reconstructive treatment, psychological and social services and wonderful camp experiences to help young burn survivors heal. The Foundation's highly acclaimed prevention programs have taught more than a quarter of a million Angelenos and their families how to prevent burns. The Foundation provides prevention and education programs to nearly 65,000 children and families annually. For more information, visit www.childburn.org.

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(Editor's Note: Guidelines to prevent scalds/contact burns are attached.)

National Burn Awareness Week
February 1-7, 2009
Guidelines to Prevent Scald/Contact Burn Injuries

Scald/Contact Statistics:

- **Scalds are the leading cause of burn injury for children.**
- In the U.S., 250,000 children, aged 0-17, are burned seriously enough each year to require medical attention. **200,000 are burned by contact with hot substances and objects.**
- 60 -75% of burns to children occur before the age of five.
- More than 80% of burns to children are preventable.
- At 155°F it takes only one second for a child to get a third degree burn. A fresh cup of coffee is served at 180°F or higher.
- Children's skin is thinner than adults' and therefore burns more easily.

Common Scald/Contact Burn Injuries Include:

- Hot food or beverage spills on child/toddler.
- Hot water from the tap. A child turns on hot water faucet or an inexperienced caretaker fails to test hot water temperature.
- Clothing irons. A young child touches or falls against hot iron.
- A child touches oven/fire place doors or heating element
- Hair curling iron. A child grasps the hot hair curler.
- BBQ/Fire pit. A child touches a hot BBQ, falls against the BBQ or into a fire pit.

Scald/Contact Prevention Tips:

- **Always** supervise children when using hot objects (i.e. clothing irons, curling irons, BBQs) and keep cords out of reach.

When Preparing Meals

- **Never** allow children to stand on a chair and help you cook. They could fall on the hot stove.
- **Never** pass hot food or drinks over children. You may accidentally spill something or a child may reach up and knock it from your hands.
- **Never** leave hot drinks unattended. A small child may try to copy you and drink from the cup.
- **Always** turn pot handles toward the back of the stove.
- **Always** smother a grease fire with a metal pan lid or keep a box of baking soda handy to pour on flames when cooking with grease. **Never** use water – water will only spread the flames.
- **Always** test the temperature of food before serving.
- **Always** test the temperature of food cooked in a microwave as it heats unevenly.
- If something on the stove catches fire, **don't** pick up the pan and move it. **Do** put the lid on the pot to smother the flames.
- **DO** stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period, turn off the stove.

When Bathing Young Children:

- **Never** allow children to run their own bath or shower water.
- **Never** leave a young child alone in the tub. A child could turn on the hot water and seriously burn themselves.
- **Always** test water temperature with your hand or a bath thermometer before letting a child get in a tub. If the water feels too hot, add cold water, mix well and retest water temperature.
- Set water heater to 120°F.

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If a burn occurs:

- Cool the burned area with cool (not cold) water. **Never** put ice or cold water on a burn. That can make the burn worse.
- Cover the burn with a clean, dry cloth.
- Leave blisters intact.
- Wash the wound gently with a mild soap and water, especially if a blister has burst.
- Do not apply butter or grease. This traps the heat on the skin and can cause infection.
- Do not apply toothpaste, dirt, etc. This can cause infection.
- Larger or more serious burns. (Seek medical attention immediately for burns that are larger than a person's hand, that are to the face or genitals or that are gray or leathery or if the child is under two-years-old.)

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