**Burn Prevention Tips**

**For Parents and Caregivers**

80% of childhood burns are preventable!

Protect your child from burns with this simple checklist

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**Make your home burn safe:**
- Install smoke and carbon monoxide alarms in bedrooms and hallways. Replace batteries regularly.
- Create a fire escape plan and practice the plan twice per year.
- Keep all electrical cords and phone chargers away from children.
- Cover unused electrical outlets with plug safety covers.
- Keep a fire extinguisher accessible and learn how to use it before you need it.
- Store all chemical cleaning products, matches and lighters in locked cabinets.
- Supervise portable or other touchable heaters. Unplug when not in use.
- Do not allow your child access to an unsupervised treadmill.

**Travel safely:**
- Cover car seats and seat belts with a thick towel when exiting the car.
- Never leave your child unattended in the car.
- Place only cool beverages in stroller drink holders.

**Be mindful of sun and other outdoor dangers:**
- Keep your child out of direct sunlight, and provide a hat and shoes.
- After 6 months of age, use sunscreen made for infant or child skin.
- Supervise BBQ grills and campfires. Keep a bucket of water nearby for first aid.
- Allow water play with cool hose water only.
- Keep your child away from hot exhaust pipes, tools, light bulbs and vehicle parts.

As your child grows, the risks for burns continue. Learn how to prevent these hazards at:

[www.childburn.org](http://www.childburn.org)

**Reminder:** Devices and prevention tips are not substitutes for constant supervision of your child!
Be vigilant in the kitchen:
- Never hold your child while cooking, drinking or passing hot items.
- Cook only on the back burners. Keep pan handles over the stove.
- Keep appliances and their cords at the back of the counter at all times.
- Do not place hot items on the edge of counters, tables or the floor.
- Avoid using tablecloths to prevent hot liquid or food spills.
- Never microwave a bottle or food for children under two.
- Mix microwaved food and liquids carefully and cool before serving.
- Secure your child away from the stove during meal preparation.
- Install an oven door lock and stove knob covers.
- Secure stove to wall.

Prevent bath time scalds:
- Never leave your child alone in the tub or bathroom.
- Keep your bathroom door closed with knob covers or a safety lock to keep kids out.
- Set your hot water heater for “WARM” or 120 degrees.
- Run cold water into tub first, then add hot water and stir.
- Always test temperature with your hand or bath thermometer first.
- Keep hair appliances, irons and their cords out of reach.
- Do not use candles or plug-in type air fresheners.

FIRST AID FOR MINOR BURNS
- Remove hot object from skin.
- Run cold tap water over the burn for 5 to 20 minutes.
- **Do NOT** put ice, butter, toothpaste, egg whites, mustard, tomatoes, vinegar, or anything except cold water on a burn.
- **Do NOT** pop blisters. Cover and protect them.
- Seek medical attention for any burns to children under 2 years old, burns larger than the palm of the child’s hand, or burns to the face, hands or genitals.

Post this information in a prominent location.

**EMERGENCY NUMBERS**
- Fire: ________________________________
- Police: ______________________________
- Poison: _____________________________
- Parent’s Phone Number: __________________
- Address: _____________________________
- Neighbor’s Name: ______________________
- Phone: ______________________________

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Careful, That’s Hot!