Safety Smart Babies
Burn Prevention Tips and Bath Card

Too HOT for Tots
Bath Thermometer

Cool, Warm, Too Hot

Children's Burn Foundation
Giving New Hope
(818) 907-2822
www.childburn.org
Kitchen Safety

- Never carry your baby in your arms or baby carrier while cooking, passing, eating or drinking hot foods.
- Do not leave hot liquids or food within reach of children.
- Avoid using a microwave to heat your baby's bottle or food. Use warm water instead.
- Always test the temperature of heated bottles and food before feeding your infant.
- Only cook on back burners and turn pan handles towards the center of the stove.
- Secure your child away from the stove when you are cooking.
- Avoid using tablecloths to prevent hot liquids or food spills.
- Do not leave hot pots on the ground to cool.

Bathroom Safety

- Never leave your baby alone in the bathroom, not even for a minute!
- Run cold bath water first. Then add hot water, as needed, and stir.
- Set your hot water heater for 120 F or 49 C.
- Always test water temperature with your hand or a bath thermometer before putting your baby in the water.
- Face children towards the back of the tub and away from the faucet.
**Home Safety**

- Keep all electrical cords and phone chargers away from your baby's reach.
- Install smoke alarms inside and outside all sleeping areas.
- Test smoke alarms monthly and replace batteries as needed.
- Store chemicals, matches and lighters in a locked location.
- To avoid fires, do not use candles or home plug-in fragrances.
- Install safety screens in front of fireplaces and floor heaters.
- Keep a working fire extinguisher easily accessible and know how to use it before you need it.
- Keep portable heaters at least 3 feet away from curtains, furniture, beds, or any other flammable materials.
- Cover unused electrical outlets with plug safety covers.

**Outdoor Safety**

- Keep children out of direct sun.
- After 6 months of age, use baby sunscreen.
- Provide hat and shoes for your children, especially on hot concrete, sand or playgrounds.
- Always keep children away from BBQ grills and fire-pits.

**Travel Safety**

- Do not place hot drinks in the stroller drink holder.
- Make sure the baby's car seat is not hot before use.
- Never leave your infant alone in the car.
EMERGENCY NUMBERS

- Fire: ____________________________
- Police: __________________________
- Poison: __________________________
- Parents' Phone Number: __________
- Parents' Address: __________________
- Neighbors' Name: __________________
- Neighbors' Phone: __________________

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 cool water on a burn.
- DO NOT pop blisters. Cover and protect them.
- Seek medical attention for any burns to children under two years old, burns larger than the palm of the child's hand, or burns to the face, hands, feet or genitals.