

# Be Burn Aware!

## Keep Children Safe from Scalds

Every day, hundreds of young children with burn injuries are taken to emergency rooms. They were not even near a flame. The children are victims of scalds.

### How Scalds Happen

Most scalds occur in residences. Scald burns are typically related to ordinary activities – bathing, cooking and eating – and often happen to children because of a lapse in adult supervision or a lack of protective measures. Youngsters may not understand or even be aware of potential dangers of hot liquids (especially water) and foods; they simply trust adults to keep them safe.

In addition, young children have thinner skin that burns more quickly than adults'. People of all ages can be burned in 30 seconds by a flowing liquid that is 130° F; at 140° F, it takes only 5 seconds; at 160° F, it only takes 1 second. For children under 5, these temperatures can cause a burn in half the time.

### Quick Facts about Scald Injuries

- Every day, hundreds of young children with scald burns are taken to emergency rooms.
- Scalds or other contact burns are the cause of the majority of burn injuries sustained by children age 5 and younger.
- Children under 4 years of age and people with disabilities are at high risk of burn-related death and injury, especially from scald and contact burns.

(Source: Safe Kids USA)



### Preventing Scalds

Continuous supervision of young children is the most important factor in preventing tap-water scald burns, but there are additional simple preventive measures that can be taken, including:

- Lower the temperature settings on water heaters to 120° F (49° C) or less.
- When filling the bathtub, turn on cold water first. Mix in warmer water carefully.
- Check the water temperature by rapidly moving your hand through the water. If the water feels hot to an adult, it is too hot for a child.
- When placing a child in the tub face them away from faucets and as close to the other end of the tub as possible.

*Scalds also occur in the kitchen and dining room. Many of these can be prevented by:*

- Always supervising children in the kitchen and dining areas.
- Keeping pot handles turned inward; use oven mitts or pot holders. Keeping clothing from coming into contact with flames or heating elements.
- Keeping children away from everything that is hot.
- Following instructions and cautions for heating items in a microwave oven.
- Not using deep fryers with children present.

[beburnaware.org](http://beburnaware.org)

[shrinershospitalsforchildren.org](http://shrinershospitalsforchildren.org)



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Preventing Burn Injuries



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