

# Keep Your Family Safe

## A Checklist To Prevent Scald Burns

- Set your water heater at 120 degrees F/48 degrees C, or just below the medium setting.
- Use a thermometer to test the water coming out of your bath water tap.
- Run your hand through bath water to test for hot spots.
- Use back burners and turn pot handles toward the back of the stove so children cannot pull them down.
- Use oven mitts when cooking or handling hot food and drinks.
- Stir and test food cooked in the microwave before serving. Open heated containers away from you from back to front.
- Keep children away from the stove when cooking by using a safety gate for younger children and marking with tape a 3-foot “no-kid zone” for older children.
- Keep hot drinks away from the edge of tables and counters and avoid using tablecloths and placemats.
- Use a “travel mug” with a tight-fitting lid for all hot drinks.
- Never hold or carry a child while you have a hot drink in your hand.

**It Can Happen In A Flash With A Splash**  
Liquid And Steam Burn Like Fire

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