OUTDOORS

- Label products clearly, especially if poisonous or flammable.
- When using a barbecue grill or fire pit, keep children in a safe, supervised place.
- Never throw gas or lighter fluid on an open flame.
- Before adding gas to any equipment, turn the engine off and let it cool.

REDUCE

YOUR RISK OF BURNS

Reducing your risk is a matter of knowledge and action.

Knowledge

- Teach your family burn prevention tips.
- Know the correct first aid procedures.

Action

- Burn proof your home by eliminating potential hazards.
- Watch for complications from burns such as infection and get medical help when necessary.

THROUGHOUT

THE HOME

To prevent heat burns:

- Store lighters and matches out of the reach of children.
- Never leave children unattended near heat sources.
- Unplug appliances immediately if they are giving off smoke or a burning odor.

You can reduce the risk of electrical burns by checking for damaged cords and covering unused electrical outlets if children are present.

For chemical burns, keep cleaning supplies where children cannot access them.

GET MEDICAL HELP IF:

- The burn is located on the face or eyes
- Swelling, blistering, or infection develops
- The victim is a child, sick, or elderly person
- The pain is severe

For serious burns, check breathing, pulse, and for possible signs of shock. Administer first aid if possible. CALL 9-1-1!!!

HOW TO

TREAT BURNS

Heat – Immerse the burn in cool running water for at least five minutes. If clothing is stuck to the skin, do not remove it. Pat dry. Do not apply oils or creams. Cover with a dry, sterile dressing.

Electrical – DO NOT touch the person unless they are removed from the electrical current. CALL 9-1-1!! Get professional treatment.

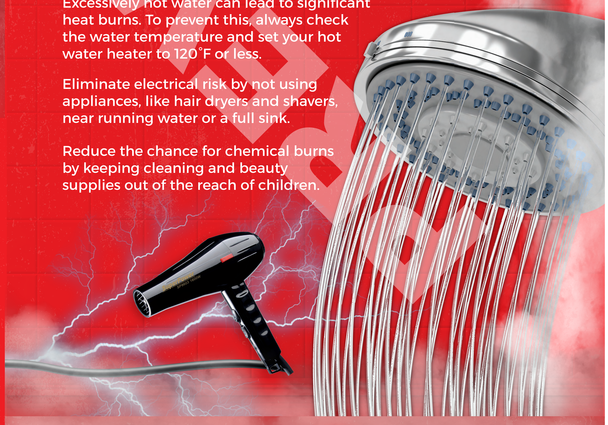
Chemical – Flood with running, lukewarm water for at least five minutes. Remove contaminated clothes. Cover with a dry, sterile dressing. For the eyes, flood with water for 20 minutes and get medical attention immediately.

IN THE BATHROOM

Excessively hot water can lead to significant heat burns. To prevent this, always check the water temperature and set your hot water heater to 120˚F or less.

Eliminate electrical risk by not using appliances, like hair dryers and shavers, near running water or a full sink.

Reduce the chance for chemical burns by keeping cleaning and beauty supplies out of the reach of children.



DIFFERENT

TYPES OF BURNS

There are three primary types of burns. Understanding the way in which a person is burned is the first step to treating their injuries.

1 HEAT
Caused by flames, hot surfaces, steam, hot liquids, etc.

2 ELECTRICAL
Caused by shocks from appliances, faulty cords, outdoor wires, etc.

3 CHEMICAL
Caused by acids, industrial chemicals, household cleaners, beauty products, etc.

IN THE KITCHEN

- Use caution when using a microwave, as liquids and foods can heat unevenly.
- Turn pot handles inwards or use back burners.
- Never leaving cooking unattended when children are around.
- Always use potholders when cooking or handling hot foods.