

DON'T GET BURNED BY SCALDS

Scalding is a form of thermal burn which results from heated fluids such as boiling water or steam. Most scalds are considered first or second degree burns, though third degree burns can result from prolonged contact. Scalds are more common in children, especially from accidental hot liquid spills. Children under the age of two years are most at risk of scalding from hot liquids contained in kettles, teapots, cups, and saucepans.

Causes

Most scalds occur from exposure to water, such as high temperature tap water in baths and showers, or water boiled for food preparation. Hot water can scald up to half an hour after it's been boiled. Spilled hot drinks, such as coffee, are another common cause of scalds. Steam typically causes the most severe scalds because it has absorbed a great amount of latent heat, and is therefore far more effective at heating objects.

TREATMENT

Appropriate first aid must be used to treat burns or scalds as soon as possible. This will limit the amount of damage to the skin. First, the injury should be removed from the heat source in order to prevent further scalding. Remove any jewelry or clothing from the site of the scald, unless it is already stuck to the skin. Cool the scald for about 20 minutes with cool or lukewarm water, such as tap water. Blisters should never be popped, as this increases chances of infection.

TREATING BURN PAIN

Treat the pain from a burn or scald with acetaminophen or ibuprofen. Always check the manufacturer's instructions when using over-the-counter (OTC) medications. Children under the age of 16 should not use aspirin.

TREATMENTS TO AVOID



These methods should be avoided, as they can do further damage to the area around the injury.

When treating a large burn on a child, don't cool it for longer than 20 minutes. This is because hypothermia can happen quickly in children.

RESOURCES

Children's Burn Foundation:

www.childburn.org

KidsHealth:

www.kidshealth.org

American Burn Association:

www.ameriburn.org

PROTECTING CHILDREN FROM BURNS+SCALDS



CALL AN AMBULANCE IF:



- The burn is to the face, airway, neck, or genital area.
- If the burn is larger than the size of the child's hand.

CONSULT A DOCTOR OR VISIT THE EMERGENCY ROOM IF:

- The burn or scald is larger than the size of a quarter.
- The burn looks raw or blistered.
- The burn seems deep, even if the person doesn't seem to feel any pain.
- The pain persists or grows more severe.



If you are not sure of the burn's severity, contact a doctor or visit the emergency room immediately.

If someone has breathed in smoke or fumes, they should seek immediate medical attention. Some symptoms may be delayed and can include difficulty breathing, coughing, a sore throat, singed nasal hair, or facial burns.



DID YOU KNOW?



Hot water can scald for up to half an hour after it's been boiled.



Preventing Bathroom Scalds

According to the American Burn Association, most scalds occur in the bathroom. These injuries are entirely preventable.

Reduce the risk of scalds in your bathroom with these helpful tips:

- Always run cold water first.
- Never leave children alone in the bathroom.
- Take your child with you if you have to leave the bathroom to answer the door or telephone.
- Keep the bathroom door closed if the room isn't in use.
- The safe bath temperature for newborn babies is around 36°C (about 97°F). For older children, a safe temperature is between 37°C and 38°C (between 98°F – 100°F). Adults tend to bathe in slightly warmer water – between 41°C and 42°C (between 105°F – 107°F)



DID YOU KNOW?

Scalds are more common in children, especially from accidental hot liquid spills.

Preventing Kitchen Scalds

These safety precautions will help protect your child from scalds in dining and cooking areas.

General Prevention Tips

- Teach your child about the dangers of heat.
- Keep hot beverages, kettles, and teapots at the center of the table so your child can't reach them.
- Make sure that kettle cords don't hang down within reach of children. Use appliances with short cords to reduce the likelihood of your child pulling the appliance closer.
- Prevent burns and scalds by keeping your children's play area away from your kitchen.

Cooking Tips

- When using a stove top, use the back burners.
- Turn pan handles toward the back of the stove.
- Have a stove guard installed.
- Carry plates to your stove top instead of carrying hot pans across the kitchen to your plates.
- Test the temperature of soups, stews, and other hot liquid dishes before serving.
- Stir microwaved foods to even out any hot spots and test the temperature before serving.



Eating and Drinking Tips

- Put your baby down and at a safe distance when you're drinking something hot. Don't keep hot drinks in hand when holding a child or breastfeeding a baby.
- Using spill-proof mugs with wide bases and narrow rims reduces the risk of scalds – but it does not get rid of the risk altogether.
- Children sometimes tug on tablecloths, which can bring their meal down on top of them. Use placemats instead of a tablecloth to help stop hot food and drinks from spilling.



Stay Safe & Prevent Scalds!

Scalding is a common cause of home injury in children, but it is one that can be prevented with some careful attention and by exercising a few simple precautions. Don't let yourself or your family get burned by scalds!