

# DONT GET BURNED BY SCALDS!

SCALDING IS A FORM OF THERMAL BURN WHICH RESULTS FROM HEATED FLUIDS SUCH AS STEAM, HIGH TEMPERATURE TAP WATER IN BATHS AND SHOWERS, OR WATER BOILED FOR FOOD PREPARATION.

## KEEP KIDS & SENIORS SAFE

Hot water can scald up to half an hour after it's been boiled. Over 500,000 scald burns occur in the U.S. each year. The two groups most at risk for scalds are children under the age of 5 and adults over 65.



## TREATMENT

First aid must be used to treat burns or scalds as soon as possible. This will limit the amount of damage to the skin.

- + Move the injury away from the heat source in order to prevent further scalding.
- + Remove jewelry or clothing from the site of the scald, unless it is 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 (this increases chances of infection).

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 16 years of age should not use aspirin.



## CALL AN AMBULANCE IF:

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



## EMERGENCY

### CONSULT A DOCTOR OR VISIT THE EMERGENCY ROOM IF:

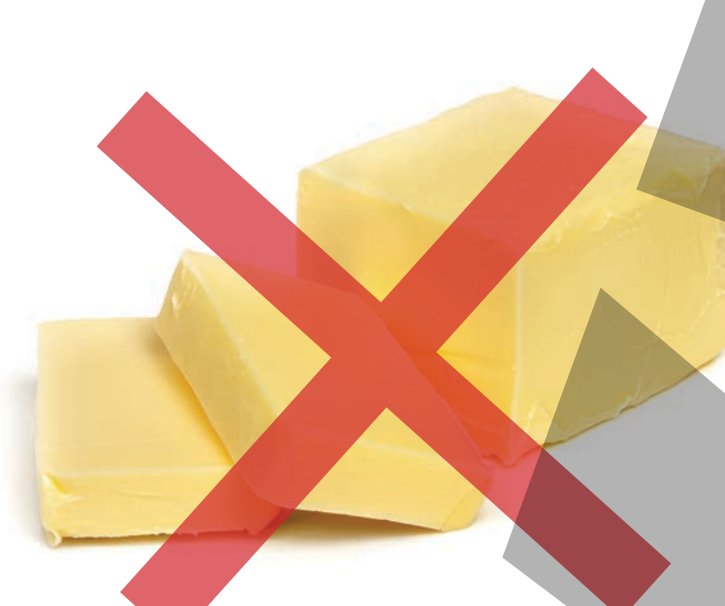
- The burn or scald is larger than the size of a quarter.
- The burn looks raw or blistered.
- The burn seems deep, even if the person doesn't feel any pain.
- The pain persists or grows more severe.

## TREATMENTS TO AVOID

USING THESE ITEMS TO TREAT A SCALD OR BURN MAY ACTUALLY CAUSE FURTHER INJURY



ICE



BUTTER



TOOTHPASTE



SPECIALIZED  
CREAMS

When treating a large burn on a child, don't cool it for longer than 20 minutes because hypothermia can happen quickly in children. If someone has breathed in smoke or fumes, seek immediate medical attention.

## PREVENTING BATHROOM SCALDS



### DEVICES TO HELP REDUCE THE RISK OF SCALDS

- Tempering valve (installed by a professional plumber)
- Showerhead or faucet anti-scald device
- Grab bars, shower chairs, non-slip mats

ACCORDING TO THE AMERICAN BURN ASSOCIATION, MOST SCALDS OCCUR IN THE BATHROOM. 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).

## PREVENTING KITCHEN SCALDS

- Teach children about the dangers of heat.
- Use the stove top's back burners. Keep pot handles turned toward the back of the stove.
- Install a stove guard.
- Maintain a pet-free 3-foot safety zone around the stove or oven.
- Carry plates to the pans on the stove top instead of carrying hot pans across the kitchen to your plates.
- Keep oven mitts and potholders nearby in case you need to reach them quickly.
- Don't keep hot drinks in hand when holding a child or breastfeeding a baby.
- Do not fill cups, mugs or bowls to the top. Using spill-proof mugs with wide bases and narrow rims reduces the risk of scalds – but it does not eliminate the risk altogether.
- Use placemats instead of a tablecloth to help stop hot food and drinks from spilling.



## STAY SAFE & PREVENT SCALDS!