

# 10 WAYS TO PREVENT BURNS IN YOUR HOME



## 1 **KNOW THE TYPES OF BURNS**

- Heat: Caused by flames, hot surfaces, steam, and hot liquids.
- Electrical: Caused by shocks from appliances, faulty cords, and outdoor wires.
- Chemical: Caused by acids, industrial chemicals, household cleaners, and beauty products.

## 2 **KNOWLEDGE AND ACTION**

Teach your family how to prevent burns. Burn proof your home by eliminating potential hazards.

## 3 **THROUGHOUT THE HOME**

Keep lighters and matches out of children's reach. Check for damaged cords and cover unused electrical outlets if children are present. Store cleaning supplies where children cannot access them.

## 4 **IN THE KITCHEN**

Be cautious when using a microwave. Turn pot handles inwards or use back burners. Never leaving cooking unattended and use oven mitts.

## 5 **IN THE BATHROOM**

Set your hot water heater to 120°F or less. Do not use appliances, like hair dryers and electric razors, near water. Keep cleaning and beauty supplies out of the reach of children.

## 6 **OUTDOORS**

Label products clearly, especially if they are poisonous or flammable. Never throw gas or lighter fluid on a flame.

## 7 **HOW TO TREAT HEAT BURNS**

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. Cover with a dry, sterile dressing. Seek medical help.

## 8 **HOW TO TREAT ELECTRICAL BURNS**

DO NOT touch the person unless they are removed from the electrical current. CALL 9-1-1!

## 9 **HOW TO TREAT CHEMICAL BURNS**

Flood the burn with 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.

## 10 **GET MEDICAL HELP IF...**

- The burn is located on the face or eyes.
- Swelling, blistering, or infection develops.
- The pain is severe.



# FACTS ON BURNS AND BURN PREVENTION

72% of burns occur in the home and nearly 500,000 people seek medical treatment for burn injuries each year in the United States.

You can save more people in addition to your family. If you have older neighbors, make sure that they have a fire drill and help them practice.

Communication is critical. Talk to children regularly about the dangers of fire, matches, and lighters and keep them out of their reach. Make education a part of your fire drill.

Test your plan. Once you have a plan, make sure that all parts of it work.

Check windows to make sure that they open easily and that they are large enough to get through.



PREVENTION