

PREVENTING BURNS IN YOUR HOME

DON'T GET BURNED

IF YOUR CLOTHES CATCH ON FIRE, STOP, DROP, AND ROLL!!!

Understanding how burns happen is the first step to preventing burns and treating injuries. There are three primary types of burns. 1) Heat—caused by flames, hot surfaces, steam, and hot liquids. 2) Electrical—caused by shocks from appliances, faulty cords, and outdoor wires. 3) Chemical—caused by acids, industrial chemicals, household cleaners, and beauty products.

IN THE KITCHEN

Microwave: Use caution as liquids and foods can heat unevenly.

Pots: Turn handles inwards or use back burners.

Cooking: Never leaving cooking unattended when children are around.

Potholders: Always use potholders when cooking or handling hot foods.

IN THE BATHROOM

Excessively hot water can lead to significant heat burns. Always check the water temperature and set your hot water heater to 120° 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.





**72% OF
BURNS
OCCUR IN
THE HOME.**

THROUGHOUT THE HOME

- 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.
- Check for damaged cords and covering unused electrical outlets.
- Keep cleaning supplies where children cannot access them.

OUTDOORS

Keep you and your family safe from burns outside the home: 1) Label products clearly, especially if poisonous or flammable. 2) Never throw gas or lighter fluid on an open flame. 3) Keep children at least 3 feet from a grill or fire pit. 4) Before adding gas to any equipment, turn the engine off and let it cool.

**PREVENTING BURNS IS A
MATTER OF KNOWLEDGE AND
ACTION.**