



## A PARENT'S GUIDE TO BURN PREVENTION

### Always Remember:

- Keep hot liquids and foods away from children.
- Keep matches and lighters up high, out of reach of children.
- Do not leave children unattended in the bathroom or kitchen.
- Set water heater to 120°F.

### Teach Your Children:

- Don't play with matches, lighters and other heat sources.
- Don't touch radiators or heaters.
- Don't play with electrical cords.
- Don't stick anything in electrical sockets.
- If clothes catch on fire, stop-drop-and roll. Parents, practice this technique with your children.

### When Preparing Meals:

- Never allow a child to stand on a chair and help you cook because they could fall on the stove.
- Never pass hot food or drinks over children. You may accidentally spill something or a child may reach up and knock it from your hands.
- Never leave hot drinks unattended. A small child may try to copy you and drink it.
- Always turn pot handles toward the back of the stove.
- Always keep a box of baking soda handy when cooking with grease. Baking soda safely puts out grease fires. Never use water - water will only spread the flames.
- Always test the temperature of food before serving.
- Always test the temperature of food cooked in a microwave as it heats unevenly.
- If something on the stove catches fire, DO NOT pick up the pan and move it. DO put the lid on the pot to smother the flames.

### When Bathing Young Children:

- Never allow children to run their own bath or shower water.
- Never leave a young child alone in the tub. A child could turn on the hot water and seriously burn themselves.
- Always test water temperature with your hand or a bath thermometer before letting a child get in a tub. If the water feels too hot, add cold water, mix well and retest water temperature.

*See FIRE SAFETY TIPS for information on Preventing, Preparing for, and What To Do in a Fire*