



A BABYSITTERS' GUIDE TO BURN PREVENTION

When Preparing Meals:

- **Never** allow children to stand on a chair and help you cook- 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 from 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 because 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 a Fire Breaks Out:

- **STAY CALM.** You are in charge and need to think clearly in order to help the children.
- **GET THE CHILDREN OUT OF THE HOUSE IMMEDIATELY.** Don't try to fight the fire.
- **If there is smoke,** crawl with the child under the smoke until you reach the door.
- **Test the door knob** with the back of your hand. If it is hot, use another exit.
- If you can, **close the door as you leave.**
- **Take the children to a neighbor's house** and then call the fire department.

Keep These Emergency Numbers With You:

Fire Dept: _____ Police: _____

Parents': _____ Trusted Neighbor: _____

House address, including names of major cross streets: _____
