

# Maryland State Firemen's Association

## Fire Prevention and Life Safety Committee

# TIP Sheet: Scald & Burn Safety



## Scalds and Burns – Home check Sheet

The Maryland State Firemen's Association Fire Prevention and Life Safety Committee extends to you a simple check sheet so that you can go around your home and look for hidden hazards that can lead to burns and scalds.



### Preventing burns and scalds

Many severe burns and scalds affect babies and young children. Examples of things you can do to help reduce the chances of your child having a serious accident at home include:

- Keeping your child out of the kitchen whenever possible.
- Testing the temperature of bath water using your elbow before you put your baby or toddler in the bath.
- Keeping matches, lighters and lit candles out of young children's sight and reach.
- Keeping hot drinks well away from young children.

### Cooking Safety

Cooking burns are listed as one of the most seen burns in the Emergency Room. Steam burns are very common in children.

- KEEP CHILDREN 3 FEET (**SAFE ZONE**) AWAY from the stove.
- WHEN using the stove top turn all handles away from the edge to prevent hot spills.
- ALWAYS keep items away from little hands.
- WHEN using a microwave be very careful when opening the container that was used to heat up your food. Steam burns are the most common burn found when using microwaves.

### HOW to check your Water Temperature

Hot Water Heaters: Over time your heater will age and if you do not monitor the device the temperature can fluctuate. Follow these steps to check and lower the water temperature in your home. Then, be sure to test it every year.

- RUN the hot water from any faucet for 1 minute FILL a large cup with the hot water. CHECK the water temperature with a cooking or meat thermometer that goes up to 120 degrees.
- IF the temperature reads hotter than 120 degrees turn down the dial on your hot water heater. If you have an electrical hot water heater you should call an electrician to verify the unit because it is not safe to adjust an electric hot water heater by yourself.
- WAIT one hour and check the water again. IF you still see that the unit is demonstrating higher than normal temperatures you will need to contact a plumber because there could be a problem.
- INSTALL anti-scald devices on water faucets and shower heads, which will stop the flow of water if the temperature gets too hot.

### Electrical Outlets

- When you're not using an electrical outlet unplug the device. Place an outlet cover over the sockets so that little hands can stay safe.