

Burn Safety

What you should know...

Young children have thin, delicate skin and can get seriously burned more easily than adults



In Miami-Dade County in 2005, 531 children went to the emergency department and 31 were hospitalized for burns

- Children ages 1 - 4 are nearly 3 times more likely than other ages to get a major burn needing medical attention
- Over 1/3 of burn cases are in children under age 2
- Hot liquids caused 89% of burns

Turn page over for burn prevention tips

Safety Tips

- Never leave a child alone in the kitchen or bathroom
- Use the backburners on the stove. Turn the pot handles out of reach of children
- Do not carry hot liquids or food near your child
- Do not allow children near stoves, hot oven doors, hot barbecue grills, heaters or other hot appliances, especially curling irons
- Test the temperature of heated food before giving it to children
- Never warm a bottle in the microwave. It can heat unevenly and may scald a child's mouth
- Make sure your water heater is set no higher than 120° F (49° C). Contact with hotter water for just one second may cause serious burns
- Use covers on electrical outlets and keep electrical cords out of reach
- Test the temperature of bath water on your inner wrist before putting your child in
- If using a vaporizer, use a cool-mist. Hot water vaporizers can cause steam burns or spill on your child
- Keep children covered while in the sun, and keep applying/reapplying sunscreen to prevent sunburns
- Do not leave matches or lighters where children can find them

Resources for Burn Safety

Injury Free Coalition for Kids of Miami (305) 243-3928; www.injuryfree.org

American Academy of Pediatrics; www.aap.org

Burn Institute; www.burninstitute.org

