

# Scald Burn Prevention

**Hot liquids - not fire - are the most common cause of burns to young children.**

**Hot water can cause serious, painful scald burns - quickly.**

## **Prevent scalds in the bathroom:**

- **Test how "hot" your hot water is. Turn on the hot water at the tub faucet. Let it run for 3 to 5 minutes. Measure the temperature with a hot water gauge or mercury thermometer. (Liquid crystal bath thermometers are available for a few dollars.)**
- **For safe bathing, set the water heater's thermostat to low, warm, or 120 F. Wait a day. Test the water again. Repeat, if necessary. Your clothes and dishes will get clean at this setting!**
- **Install anti-scald devices in your shower and bathtub fixtures that stop the water flow when the temperature exceeds 120 F.**
- **Always check the water temperature before placing your child in the tub. A child's skin burns more easily than an adult's.**
- **Supervise kids in the tub. Young children can turn the hot water on by themselves. Older children can scald a younger child.**

**NOTE: If you rent, ask your landlord to lower the water temperature or put an anti-scald device in your shower and bathtub fixtures.**

## **Prevent scalds in the kitchen:**

- **Keep hot foods and drinks away from the edge of tables and counters. Do not put them on a tablecloth that little hands can yank.**
- **If you're holding something hot, don't hold your child too.**
- **When you cook, keep your child away from the stove.**
- **Turn pot handles toward the back of the stove. If possible, use rear burners.**
- **Watch for dangling appliance cords.**