

HOT LIQUIDS BURN LIKE FIRE



Hot liquids can cause serious burns just like fire. Scalding is a form of thermal burn which results from heated fluids such as boiling water or steam. Over 500,000 scald burns occur in the U.S. each year. The two groups most at risk for scalds are children under the age of 5 and adults over 65. Older adults have thinner skin, which can result in more serious scalding burns. Seniors may also be at an increased risk of scalding injury due to side effects from prescription medications, which may dull their senses and slow their reaction time. Many seniors also live alone, placing them at a higher risk of injury.

TREATMENT

Appropriate first aid must be used to treat burns or scalds as soon as possible. This will limit the amount of damage to the skin. First, the injury should be removed from the heat source in order to prevent further scalding. Remove any jewelry or clothing from the site of the scald, unless it is already stuck to the skin. Cool the scald for about 20 minutes with cool or lukewarm water, such as tap water. Blisters will form from second degree burns, but should never be popped, as this increases chances of infection. With third-degree burns, wrap the injury very loosely to keep it clean and seek immediate medical attention. Call an ambulance if the burn is to the face, airway, neck, or genital area.

TREATING BURN PAIN

Treat the pain from a burn or scald with acetaminophen or ibuprofen. Always check the manufacturer's instructions when using over-the-counter (OTC) medications.

TREATMENTS TO AVOID



ICE



BUTTER



TOOTHPASTE



SPECIALIZED CREAMS

These methods should be avoided, as they can do further damage to the area around the injury.



RESOURCES

The Burn Prevention Network:

www.burnprevention.org

The American Burn Association:

www.ameriburn.org

United States Fire Administration (USFA):

www.usfa.fema.gov

PROTECTING YOURSELF FROM BURNS + SCALDS



KNOW THE SIGNS OF INJURY, LEARN TO REDUCE THE RISK!

CONSULT A DOCTOR OR VISIT THE EMERGENCY ROOM IF:

- The burn or scald is larger than the size of a quarter.
- The burn looks raw or blistered.
- The burn seems deep, even if the person doesn't seem to feel any pain.
- The pain persists or grows more severe.



If you are not sure of the burn's severity, contact a doctor or visit the emergency room immediately.

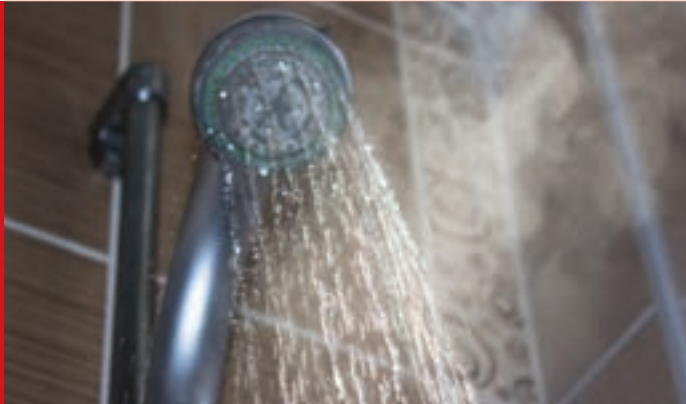
If someone has breathed in smoke or fumes, they should seek immediate medical attention. Some symptoms may be delayed and can include difficulty breathing, coughing, a sore throat, singed nasal hair, or facial burns.



DID YOU KNOW?



Hot water can scald for up to half an hour after it's been boiled.



Devices to Help Reduce the Risk of Scalds

A professional plumber can install a tempering valve to keep water temperature below a specified maximum level. Installing a showerhead or faucet anti-scald device may require no assistance. Grab bars, shower chairs, non-slip mats help prevent falls into scalding shower water.

Preventing Bathroom Scalds

According to the American Burn Association, most scalds occur in the bathroom. These injuries are entirely preventable. Reduce the risk of scalds in your bathroom with these helpful tips:

- Always test the temperature of the undiluted hot water produced by your heater. Begin by allowing the water to run until it feels hot. This may take a minute or two, or more, if the hot water heater is far away from your tap. Once the water is running hot, place a thermometer under the running water for several seconds and record the temperature.
- You may be able to set your thermostat at a level which produces hot water at or only slightly above the most comfortable bathing temperature for the elderly (around 100°F or 38°C). This may also lower your utility bill.

Preventing Kitchen Scalds

- When using a stove top, use the back burners. Keep pot handles turned toward the back of the stove.
- Turn pan handles toward the back of the stove.
- Have a stove guard installed.
- Maintain a 3-foot safety zone around the stove or oven where pets are not permitted.
- Carry plates to the pans on the stove top instead of carrying hot pans across the kitchen to your plates.
- Wear long oven mitts. Prevent burns and kitchen injuries by keeping your oven mitts and potholders nearby in case you need to reach them quickly.
- Keep countertop appliances away from the counter edge to avoid the risk that they might be

pulled off by their cord. Young children or even your own movements could catch on the cord and spill scalding hot food.

Eating and Drinking Tips

- Using spill-proof mugs with wide bases and narrow rims reduces the risk of scalds – but it does not get rid of the risk altogether.
- Do not fill cups, mugs, or bowls to the top.
- Test the temperature of soups, stews and other hot liquid dishes before serving.
- Stir microwaved foods to even out any hot or cold spots, and test the temperature before serving. Open microwaved foods away from your face.



Stay Safe & Prevent Scalds!

Scalding is a common home injury, but it is one that can be prevented. With some extra attention and a few simple precautions, you can avoid common causes of household scalds.



DID YOU KNOW?

Tap water heated above 120°F can cause a 3rd degree burn in 15 seconds.

