To Prevent burns from radiators and space heaters

- Never leave an infant in a crib close to radiators or space heaters.
- Teach children to stay away from heaters.
- Make sure heaters have an automatic shut-off switch that will disconnect power if tilted or turned over.
- Don’t use a space heater in the bathroom.
- Make sure the heater cord is placed so it can’t be stepped on.
- Keep flammable materials away from heaters and radiators.

To Prevent burns from chemicals

- Keep all chemicals (drain cleaner, lye, dishwasher detergent, household cleaners, acid, etc.) and insect sprays in a locked cabinet out of reach of children.
- Keep the Poison Center phone number (1-800-222-1222) near all phones in case of an emergency.

To Prevent sunburns

- Limit your child’s sun exposure between 10 a.m. and 2 p.m. when sunburns are most likely to occur. Apply a sunscreen when your child is playing in the sun, even on cloudy days. Reapply often/every two to three hours.
- Water reflects the sun’s rays, and a sunburn can occur even in the shade if your child is near water.
- Before putting your child in a car seat, check for hot straps or buckles. If parked in direct sunlight, cover the seat with a towel or blanket.

Your child’s pediatrician should be your primary source of advice about your child’s health.

Burn Prevention

Children are more likely to be burned than anyone else. The following information will help you keep your child safe from burns.

To Prevent hot water scalds

- It takes only a second for an accident to happen. Always watch your children.
- Never leave a young child alone in the bathroom or near water. Remember, the bathroom is not a play area.
- Set the temperature on your household hot water tank to 120°F (48°C).
- Test the water before placing your child in the tub. It’s a good idea to use a temperature-measuring device or toy that changes color when the water is at the correct temperature. Aim for bath water that is around 100°F.
- Clearly mark the HOT water setting on single valve units and turn the valve to the COLD setting after filling the tub.
- Teach your children to turn on cold water first and then slowly add hot water.
- Use a cool water humidifier or vaporizer. If you use a hot water vaporizer, keep it out of your child’s reach.
To Prevent kitchen/ cooking accidents

- Keep children at a safe distance while you are pouring or drinking hot liquids. Children reach and grab at an early age.
- Never carry a child while carrying hot food or drink.
- When preparing food, place your child in a high chair, crib, playpen or another secure location.
- Seat your child at the dining table after all the food has been served and placed out of the child’s reach.
- Don’t use tablecloths – they’re easy to tug at, which can spill hot foods onto the child.
- Keep handles on pots and pans turned toward the back of the stove, and use back burners whenever possible.
- Supervise older children when they start to cook at the stove, and don’t let them wear loose shirts or nightgowns while cooking.
- Don’t let appliance cords dangle over counter edges where children can grab them.
- Add a stove guard to prevent children from reaching anything on the stovetop and pulling it down on themselves.

To Prevent burns from flames

- Keep children away from fireplaces, kerosene lamps, heaters, stoves and grills when in use.
- Never use lighter fluid on a burning fire or hot coals.
- Check product labels to make sure clothing and mattresses meet federal flammability standards.
- Before putting gasoline in a lawn mower, turn off the engine and let the mower cool completely. Use a funnel to pour the gas into the gas tank.
- Teach children the “stop, drop and roll” procedure and simple fire escape plans.

To Prevent children from playing with fire

- Teach your child that fire is dangerous.
- Keep matches, lighters, cigarettes, candles, gasoline, kerosene, gunpowder, spray cans and paint out of children’s reach and locked away.
- Teach children to tell an adult when lighters and matches are lying about so that an adult can put them away safely.

To Prevent burns from electricity

- Never leave your baby or toddler alone in a room with electrical cords plugged into wall sockets.
- Place safety covers on electrical outlets to prevent children from sticking toys and fingers into the sockets.
- Warn your child about the dangers of fallen power lines and power poles or towers. This includes never flying kites or model airplanes near power lines.
- Teach your child that electrical appliances should never be used in or near the bathtub, shower or a sink full of water.
- Do not touch electrical cords that are broken or have wire showing.
- Keep irons, curling irons and other heat appliances and their cords out of reach. When not in use, unplug and store out of reach.