

- Supervise older children when they start to cook at the stove. Emphasize the importance of not wearing loose shirts or other clothing 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 microwave burns:

- Never allow children to microwave food without supervision.
- Open container lids away from you and your child because steam can scald skin. Use hot pads in case containers are hot.
- Stir foods to distribute heat evenly.
- Before giving food to your child, test it yourself to make sure it's not too hot.
- Some manufacturers do not recommend that their products be heated in the microwave oven. Follow recommendations on packaging.
- Never heat baby bottles in the microwave.

Prevent burns from flames:

- Keep children away from fireplaces, lit candles, 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.

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 electrical burns:

- Never leave a 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 all cords out of reach. When not in use, unplug and store where they can't be reached.

Your child's pediatrician should be your primary source for advice on your child's health.

For more information on health-related topics, visit our health library at CHKD.org/HealthLibrary.

Children's Hospital of The King's Daughters complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (757) 668-8246

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1 (757) 668-8246



CHKD.org/ParentingResources

Burn Prevention



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

Prevent burns from radiators and space heaters:

- Never leave an infant in a crib close to radiators or space heaters.
- Never leave a toddler alone in a room with 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 tipped 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.

Prevent chemical burns:

- 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 Help Hotline phone number posted where everyone can see in case of emergency: (800) 222-1222.

Sunburn prevention:

- Limit your child's sun exposure from 10 a.m. to 4 p.m. when sunburns are most likely to occur. Sunscreen with SPF of at least 15 can be applied safely to children 6 months or older when playing outside, even on cloudy days. When adequate clothing and shade are not available, parents can apply a minimal amount of sun screen on infants under 6 months to small areas, such as the infant's face and the back of the hands.
- Protect your child near the water. Water reflects the sun's rays. A sunburn can occur 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.



To prevent hot water scalds:

- Always watch your children. It takes only a second for an accident to happen.
- 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 and 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, play pen, 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, which can spill hot foods onto a child.
- Keep handles on pots and pans turned toward the back of the stove. Use back burners whenever possible.