

Safety tips for preventing scald burns

A scald burn occurs when hot liquids or steam touch the skin.

All scald burns can be prevented.

The best way to prevent scald burns is to always have an adult watching your child. These tips can also protect your child.

When cooking

- Turn pot and pan handles inward when using the stove.
- Keep small children away from the stove area.
- Never hold a child when cooking on the stove.
- Test the temperature of your child's food before serving or feeding.
- Never use the microwave to heat baby bottles.

Around your home

- Keep hot liquids out of the reach of children.
- Never leave hot drinks on the edge of a table or on a low table.
- Do not carry or drink hot liquids when holding a child.
- Never put hot liquids in the cup holder of a stroller.
- Set your hot water heater at 120°F (49°C) or lower.
- After filling the bathtub, turn the hot water off first. Then, turn off the cold water.
- Seat your child in the tub, facing away from the taps.
- Never leave your child alone in the bathtub.

Did you know?

Hot liquids are the most common cause of burns in babies and toddlers.



A child's skin is more sensitive to heat and burns easier than an adult's skin.



First aid for a scald burn

If a burn happens, use first aid right away.
This can reduce the severity of a burn.

What to do if your child has a scald burn:

- Remove all clothing from the burned area.
- **Place the burned area under cool running water for at least 10 minutes** or gently put a cool wet towel on the area.



- Never put anything on a burn. Do not apply ointments, creams, butter or toothpaste. Removing them to treat the burn can cause more damage and pain.
- **Take your child to the nearest Pediatric Emergency Department right away.**

Having the Emergency Team assess and treat the burn is the best way to help your child's comfort and healing.

Did you know?

Children are at risk for burns because they:

- Are curious and move quickly
- Don't know what situations are dangerous
- Don't know how to avoid danger



Constant adult supervision is what children need most to prevent burns!

Turn over to learn how to prevent scald burns →