



Scald Burn Prevention Checklist



A Scald is an Injury Caused by Hot Liquid or Steam

People of all ages can be burned by liquid at 140 degree Fahrenheit in as few as thirty seconds. It takes only five seconds for a young child to be injured by 140 degree liquid; and only one second at 160 degrees. According to a Home Safety Council survey of American parents, 71.5 percent of those surveyed did not know the correct setting for their hot water heater, 120 degrees Fahrenheit.

North Metro Fire Rescue District would like to educate families about safe hot water practices to help reduce the risk of scald injuries at home.

- ◆ Set your water heater at 120 degrees Fahrenheit or just below the medium setting.
- ◆ Test the water before your children get in the tub. When children are in the tub, watch them closely.
- ◆ Babies and young children have delicate skin. Install special tub spouts and shower heads that prevent hot water burns.
- ◆ Keep children at least three feet from the stove when you are cooking. Turn pot handles toward the back of the stove.
- ◆ Test micro waved and heated food for heat before feeding young children.
- ◆ Avoid drinking hot drinks when holding a young child. Keep drinks away from the edge of tables and counters so children can not reach them.
- ◆ Treat a minor burn injury immediately with cool running water for 3-5 minutes. Do not apply ice, butter or lotions as these can harm the skin and may increase the injury.
- ◆ If a scald burn is serious, call 9-1-1 immediately.