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Burn

Prevention



Burn Concerns

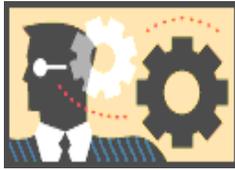
Burns are among the most painful and disfiguring injuries a person can survive. In a matter of seconds, a burn can cause lifelong physical and emotional injury, especially in children. Children have thinner skin than older people; their skin burns at lower temperatures and the wounds go deeper. Young children become burn victims because they don't perceive danger as quickly as an adult. They may have less control over their environment and lack the ability to escape a life-threatening situation. Ultimately, they may not survive the physical stress of a burn injury.

Nationally, 600 children die and another 100,000 children are treated for burn-related injuries every year. In Minnesota, emergency room visits for burn-related injuries average more than 5,000 visits per year.*

Most of us feel safest at home, but in fact, your kitchen and bathroom can be the most deadly areas in your home. It's up to you to make your home safe for yourself and others.

*Minnesota Department of Health

WHAT CAN I DO?



Be conscious of the hazards around you and minimize them. Set a responsible, safe example for others.

Kitchen Precautions

- Stay in the kitchen while you're cooking.
- Keep flammable items, including potholders and towels, away from the cooking area.
- Wear snug-fitting or short sleeves when cooking, or use elastic bands to hold back loose or long sleeves.
- Use back burners when possible and keep pot handles turned to the inside. A curious child can grab the handle and tip the pot.
- Keep appliance cords away from counter edges to prevent a child from pulling appliances off counter-tops.
- Use spill-resistant mugs for hot beverages.
- When toddlers are present, remove tablecloths and place mats; children may pull on them and spill a hot or heavy item.

- Create a "no zone" or "safe zone" for children around the stove and oven — about a 5-foot distance. Children must stay outside of this perimeter.
- Teach children that a microwaved plate may be cool, but the food can be scalding.

Other Precautions

- Test bath water before putting your child into the bathtub. Set your water heater to 120 degrees Fahrenheit or below and always provide supervision.
- Keep matches lighters, and flammable liquids out of children's reach.
- Never use gasoline around a flame source, use in well ventilated areas, and never as a charcoal starter. Fill tanks of lawn mowers and trimmers before starting to use them. If you need to re-fuel before you're finished with the job, be sure to let the engine cool before refueling.
- Smoke alarms should be installed on every level and in every sleeping area of your home. Test them once a month and replace batteries twice per year.
- Make and practice an escape plan with two ways out of each room.



I've been burned, now what?

Stop the burning process.

Remove clothing, jewelry and metal from around the burn area; they retain heat and increase damage to the skin. If material is stuck to the skin, apply cool water and seek medical attention. Run cool — not cold — water over the burn area for a few minutes.

Do not apply ice to the burn. Ice can make it worse.

Do not apply creams, ointments or salves.

Do not break blisters until they are seen by a physician.

First (redness) and second degree (closed blister) burns smaller than the person's palm can usually be treated at home. Prevent infection by gently washing several times a day with mild antibacterial soap. Rinse thoroughly. Cover open areas with a clean, loose dressing. Consult with your family physician or local burn center if the burn does not heal in two to three days or if signs of infection appear.

For larger burns (bigger than the person's palm), chemical or electrical burns, or a burn that involves the face, airway, hands, feet or genital area call 911 or your local emergency number.