

# Scald Prevention *Safety Tips*



**A scald injury can happen at any age, but most at risk are children, older adults and people with disabilities. Hot liquids from everyday life including bath water, hot coffee and microwaved soup can cause severe and devastating injuries. We encourage you to use these safety tips as a guide to help prevent scald injuries.**

## **Bathroom Safety**

- Install anti-scald devices on tub faucets and shower heads
- Always supervise a child in or near a bathtub or shower
- Test the water by moving your hand, then wrist, then forearm through the water. The water should feel warm, not hot, to the touch
- Test the water before placing a child in the bath or getting in the bath yourself

## **Kitchen Safety**

- Designate a “no enter zone” for children of at least 3 feet around the stove and areas where hot food and drink is prepared or carried
- While using the stovetop, turn handles towards the back
- Place hot liquids and food in the center of a table or towards the back of a counter
- Do not let children carry hot food or drinks
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids
- Open microwaved food slowly, away from the face
- Allow microwaved food to cool before eating
- Never heat a baby bottle in the microwave. Heat baby bottles in warm water from the faucet
- To reduce the risk of a spill, choose prepackaged soups whose containers have a wide base or pour the soup into a traditional bowl after heating

## ***Treat Burns Immediately***

*Remove any clothing that could keep the hot liquids on the skin. Do not remove clothing sticking to the skin.*

*Cool the burn with cool water for 3-5 minutes. Do not apply butter or ointments. Cover with a clean, dry cloth.*

*Do not break blisters. For severe burns, go immediately to the nearest emergency room or doctor.*



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