

# Safety Facts on SCALD BURNS

## TAKE THE SCALD TEST:

- T or F **Hot** liquids can cause life-threatening burn injuries.
- T or F Older adults have thinner skin making a scald **burn** more serious.
- T or F Accidents are more likely to happen when you or your caregivers are in a hurry, angry, or stressed.
- T or F Microwaved foods can cause serious burns (even when they don't seem **hot**).
- T or F Tap water above 120° F can cause a 3<sup>rd</sup> degree **burn** in 15 seconds.
- T or F Greasy foods cause more serious **burns** because they trap heat and are harder to remove.

### **HOT LIQUIDS BURN LIKE FIRE**

*Over 500,000 scald burns occur in the US each year.*

*The two groups most at risk are children under the age of 5 and adults over 65.*

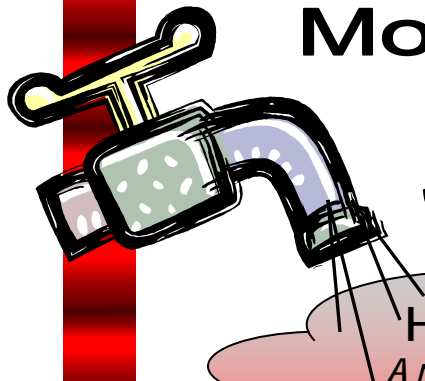
## Kitchen Scalds Can be Prevented:

- 👉 Test heated liquid/food with a finger before putting it in your mouth.
- 👉 Maintain and enforce a "3 foot safety zone" around the stove or oven. Pets should not be permitted within this .
- 👉 Use large mugs and bowls with broad bases for hot liquids and foods.
- 👉 Do not fill cups, mugs or bowls to the top.
- 👉 Keep pot handles turned toward the back of the stove. Cook on rear burners whenever possible.

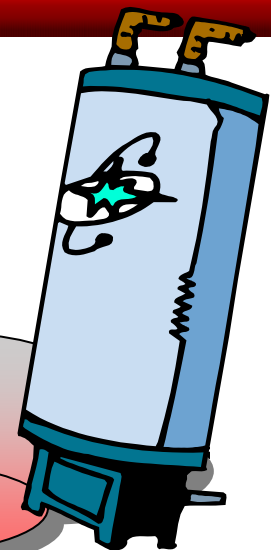


- 👉 Wear long oven mitts.
- 👉 Open microwaved foods away from your face.





# More Safety Facts on SCALD BURNS



## HOT TAP WATER AND SCALDS

*A major cause of burn injury; young children and older adults are at greatest risk.*

### The following tips can help prevent tap water scalds:



Before getting into the tub **TEST THE TEMPERATURE** of the water by moving your hand rapidly and carefully through it.



The temperature of water making contact with skin should not exceed 100°F.



Never leave a young child unattended in the bath room or tub.



Adjust the thermostat on your water heater to produce a water temperature of **120°F or less**.



Consider installing "anti-scald" devices on faucets and shower heads to prevent accidental scalds.



ANSWER KEY to TEST (previous page):  
All Are True

### HOT WATER CAUSES THIRD DEGREE BURNS . . .

