

DON'T GET BURNED BY LACK OF KNOWLEDGE-Protect Yourself and Your Family from the Pain of Burns and Scalds

Spring Lake Park-Blaine-Mounds View Fire Department

Burns are among the most painful and devastating injuries a person can survive. In a matter of seconds, burns 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 be able to 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 5000 per year.

Most of us feel safest at home, but in fact, your kitchen and bathroom can be deadly. It's up to **you** to create a safe haven for yourself and others. These precautions from the Spring Lake Park-Blaine-Mounds View Fire Department can save you a lifetime of pain.

Kitchen Precautions

- Stay in the kitchen while cooking.
- Keep easily burnable items, including mail, potholders and towels, 3 feet away from the cooking area.
- Wear snug-fitting or short sleeves when cooking, or use elastic bands to hold sleeves back.
- Use back burners when possible and keep pot handles turned to the inside so that a curious child can't pull a pan over the edge.
- Electrical cords should be kept away from counter edges; a child could grab the cord and pull an appliance off the countertop.
- Use spill-resistant mugs for hot beverages.
- Remove tablecloths and place mats when toddlers are present; children can pull on them and spill hot or breakable items.

- Create a children's "no zone" around the stove — about a 5-foot distance — and keep children outside the perimeter.
- Teach children about microwaved food; the plate can be cool, but the food may be very hot.

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.
- Never use gasoline around a flame source. Use in well ventilated areas, and never as a charcoal starter. If you need to refuel mowers or trimmers before finishing the job, let the engine cool before refueling.
- Smoke alarms should be installed on every level and in every bedroom of your home. Test them once a month and replace batteries at least once a year. Plan and practice an escape plan with two ways out of each room.

If burns occur:

Stop the burning process. Remove fabric, jewelry and metal from the burn area; they retain heat. Run cool—not cold—water over the burn area for 10 minutes. Do not apply ice to the burn. Ice can make the burn worse. Do not apply creams, ointments or salves. Avoid breaking blisters until a physician sees them. Cover with a clean, dry cloth. First degree (redness) and second degree (closed blister) burns smaller than the person's palm can usually be treated at home. For larger burns, chemical or electrical burns, or a burn that involves face, airway, hands, feet or genital area, call 911.

Please discuss these tips with your family members or roommates. Knowledge is the best safety tool. If you would like a firefighter come to your home and learn these things in your own home, call for a Home Safety Survey @ 763-786-4436 Ext. 104.