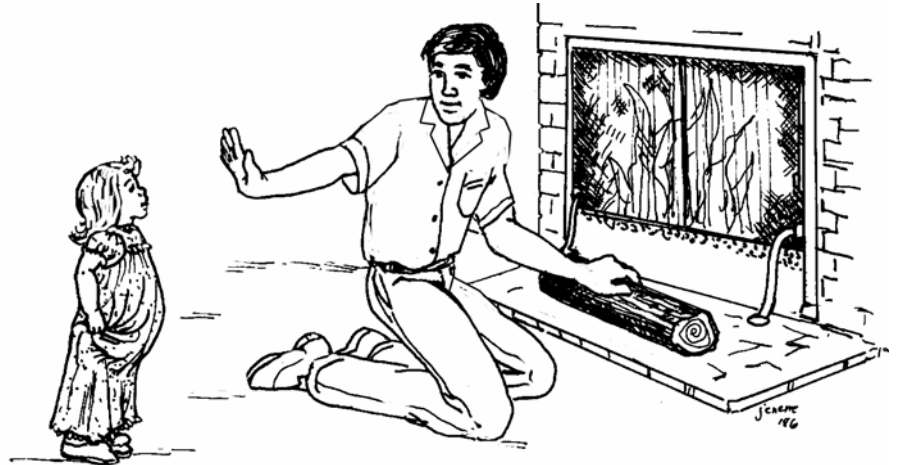


700 Children's Drive  
Columbus, Ohio 43205-2696  
nationwidechildrens.org

## BURN PREVENTION: PRESCHOOL AND SCHOOL AGE

Burns can be serious injuries at any age, but preschool and school age children are at greater risk for burn injuries because they are curious and like to explore with their hands.

The following information reviews the common causes of burns and the steps you can take to prevent most types of burns from happening to your preschool or school age child.



### CAUSE OF BURNS

#### Scalds from hot water

#### Kitchen/cooking injuries

#### Flame

### HOW TO PREVENT BURNS

- Set your household hot water tank temperature at 120° F. or below.
- Teach children to turn on cold water first and then slowly add hot water.
- Supervise children when they prepare foods at the stove.
- Keep handles of pots and pans turned toward the back of the stove.
- Allow no "horseplay" or fighting in the kitchen.
- Don't let appliance cords dangle over counter edges.
- Don't let children wear loose shirts or nightgowns while cooking (especially with gas stoves).
- Show children how to test containers for heat before removing them from a microwave oven (use hot pads if hot).
- Teach children to use hot pads to remove food from a microwave and then to lift the cover slowly with a utensil (the steam can cause burns).
- Have your child stay back from fireplaces, space heaters, and stoves at all times.
- When refueling a lawn mower, turn off the engine and let the mower cool completely before refueling. Use a funnel to pour the gas into the gas tank. If gas is spilled on a hot mower, it can ignite. Don't let children under 14 refuel the lawnmower.
- Never use lighter fluid on a burning fire or hot coals. Teach your child to stay away from outside grills and fires. Don't let them run around campfires.
- Don't let children play with sparklers.

## CAUSE OF BURNS

### Fire play

### Sunburn

## HOW TO PREVENT BURNS

- Keep matches, lighters, gasoline, kerosene, gunpowder, spray cans and paint out of reach.
- Stress fire safety. Teach your child not to play with fire.
- Have your child develop a suntan gradually. Limit exposure to the sun. Sunburns can occur most easily between the hours of 10:00 am and 2:00 pm.
- Apply a sunscreen lotion with an SPF of 30 or higher when your child is playing in the sun. Reapply after swimming.
- Water reflects the sun's rays. Sunburn can even occur in the shade if the child is near water. Sunburn can also occur on cloudy days.



### Electricity

- Your child should **never** fly kites or model airplanes near power lines.
- **Never** allow your child to climb power poles or towers, or trees near power lines.
- **Never** allow your child to touch fallen power lines.
- Water conducts electricity. Teach your child **never** to use electrical appliances in or near the bathtub, shower, or sink full of water.
- Make sure the service panel ("fuse box") is closed - and locked if possible.
- If you live in an apartment, make sure the utility closet is kept locked.
- Be sure you have enough smoke detectors and check the batteries twice a year.

### Drinking or eating chemicals (drain cleaner, lye, dishwasher detergent, acid, etc.)

- Keep all chemicals in a locked cabinet out of children's reach.
- Keep the Poison Control Center phone number 1-800-222-1222 at all phones in case of emergency.

**IMPORTANT:** If you suspect your child of playing with fire, call your local fire department. If you live within Franklin County, call the Juvenile Fire-setter Crisis Line at (614) 645-7377.

If you have any questions, call your local Fire Department's non-emergency number.