



Burn Prevention: Teenage and Adult

Burns can be serious injuries at any age. Teenagers and adults are at risk for many different kinds of serious burn injuries. The following information shows the common causes of burns in teens and adults and the steps that can be taken to prevent the most common types of burns.

Cause of burns

How to prevent burns

Scald from tap water

- Set the hot water tank temperature at 120°F.
- Turn the cold water on first, then the hot water.

Kitchen/cooking accidents

- Avoid playing in cooking areas. If you do play in the kitchen, create a safe zone three feet away from the stove for playing.
- Be careful with instant soup containers. They tend to tip and spill. This can cause a serious injury.
- Sit at a table to eat hot foods to prevent spills onto your lap.
- Keep handles of pots and pans turned toward the back of the stove. Cook on the back burners whenever you can.
- Keep appliance cords from dangling over the counter edge.
- Do not wear loose shirts or nightgowns while cooking.
- Smother a pan grease fire with the lid. **(Do not put the fire out with water.)** Do not try to carry a burning pan from the house.
- Clean up spilled grease right away to prevent slipping.
- Check dishes for heat. Always use appropriate pot holders or mitts when removing items from a microwave.
- Be very careful when taking hot dishes out of a microwave that is above your head.
- Keep a fire extinguisher in the kitchen and teach family members how to use it.
- Keep a smoke detector in the kitchen. Change the battery twice a year when the time changes.

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Cause of burns

Steam from a car radiator

How to prevent burns

- **The radiator cap should not be removed when the engine is hot.** Wear safety glasses and use a heavy cloth or gloves to protect your hands when removing the radiator cap.



Motorcycle or ATVs

- Always wear long pants and shoes as well as a helmet when riding mopeds, motorcycles, or ATVs (all-terrain vehicles).
- Do not let underage children ride ATVs or motorcycles.

Flame (explosions, flash burns, fire)

- Always keep matches and lighters away from children.
- Teach children not to play with lighters, matches or fireworks.
- Use caution when burning leaves or trash. Many burns are caused by aerosol cans that explode. Do not add any accelerants such as gasoline to a fire.
- Use caution when re-lighting gas stoves and furnaces.
- Never use lighter fluid on a burning fire or hot coals. The can may explode in your hands.
- When refueling a lawn mower, turn off the engine and use a funnel to pour the gas into the gas tank. If gas is spilled on a hot mower, it can ignite.
- Do not experiment with gunpowder, gasoline, aerosol cans, firecrackers, or any other combustible materials. They can cause a serious burn injury and loss of eyesight.
- Do not store flammable liquids (such as paint or gasoline) near an open flame, such as a gas water heater. Flammable liquids can explode near an open flame.
- Do not smoke.
- Wear protective eyewear and gloves while welding, mixing chemicals, or working on motors or engines.

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Cause of burns

Sunburn

How to prevent burns

- Ultraviolet rays are strongest between 10:00 am and 2:00 pm. Sunburns can occur faster and more easily during these hours.
- Always use a sunscreen with SPF (sun protection factor) of 15 or more. Put sunscreen on again after swimming.
- Water reflects sunlight. Sunburns can occur in the shade if you are near water.



- Sunburns can also occur on cloudy days.
- Wear sunglasses to protect your eyes from harmful rays.
- Be sure you know the risks before using tanning booths. If you do use a tanning booth, wear eye protection **at all times**.

Chemicals

- Handle all chemicals at home, work, and school carefully.
- Follow the safety guidelines on the label. If you have any doubt, wear gloves.
- Do not use gasoline as solvent to clean floors or remove paint. It is very combustible and may ignite a fire.
- Contact the Central Ohio Poison Center if you have safety questions about chemicals.

Electricity

- **Never** climb power poles, towers, or trees near power lines. Call the power company if you need help.
- Keep kites and model planes and drones away from power lines.
- Take shelter indoors during storms with lightning.
- **Never** touch fallen power lines. Call 911 or the emergency squad if someone is hurt by a fallen power line.
- All power tools should be plugged into an outlet with a ground (the third prong). Do not use if the cord is frayed.
- Water conducts electricity. **Never** use electrical appliances in or near the bathtub, shower, or a sink full of water.

Cause of burns

Electricity, continued

How to prevent burns

- Follow all OSHA work safety guidelines when working with electricity.
- Call the power company at least 24 hours before digging outside to avoid cutting an underground power cable.

If you have any questions, please call _____ or your local fire department's non-emergency number.