

BE BURN SAFE

Just a few simple tips and suggestions can lessen the danger of accidental burns around the home if you keep the following ideas for a **BURN SAFE** environment in mind, they will help you and your family enjoy home life with a lot less risk of injury due to dangerously hot or burning substances.

BE BURN SAFE AROUND THE KITCHEN

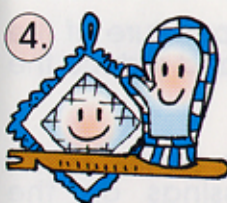


Here are a few pointers for safety in the kitchen.

1.  Keep children and pets at a safe distance from the stove. Establish a **"KID'S DANGER ZONE"** and teach youngsters to respect it for their own good.

2.  Turn pot handles away from the front of the stove to prevent them from being grabbed or tipped over. Don't leave spoons or other utensils sticking up out of pots.

3.  Never wear loose fitting clothing or long sleeves near the stove. They could catch fire. Also, be sure to turn off the heat as soon as you're finished cooking.



Always use oven mitts and pot holders when handling hot pots, pans or utensils. Use an oven stick for checking foods while roasting or broiling.



Never put wet or thawing foods into hot fat or cooking oil. It will cause dangerous splattering.



Remember that foods and containers coming out of microwave ovens can be very hot! Let them stand for a few minutes before handling. Cook only with containers approved for microwave use.



Smother stove-top fires with a pan lid. Never use water or a pressurized fire extinguisher. They could spread the flames!



BE BURN SAFE AROUND HOT WATER

1. Always mind young children in the tub or near any hot liquids.
2. Keep your water heater's temperature setting at no more than 120°F to prevent scalding.
3. When turning on faucets, allow the cold water to run first. Then, add the hot water gradually to reach the desired temperature without risk of scalds. Teach youngsters to be mindful of the dangers from steam and hot water.



Color code faucets:- blue for cold; red for hot.

BE BURN SAFE AROUND CHILDREN

1. Keep all matches, lit candles and lighters safely out of children's reach! Be sure all cigarette lighters are the "child-resistant" type.

2. Plug safety caps in all unused electrical outlets to prevent little fingers exploring inside.

3. Put away irons, hair curlers and other hot appliances after use. Don't leave them where they could injure curious children.

4. Be mindful about kids near space heaters, barbecue grills and fire places. Use glass or wire enclosures in front of fireplace hearths.



5. Teach youngsters that everyday household items like heat radiators, stove tops and hot electrical appliances can be dangerous enough to burn them.



with matches or lighters or make fire seem like fun.

6. If you smoke, keep cigarettes, pipes and cigars safely out of the reach of little children. Never try to entertain youngsters

TREATING BURNS

Before attempting first aid for burns, you should be able to recognize the degree of severity.

1. There are three:



First degree burns are sore with reddened skin, sensitive to the touch.



Second degree burns are much more serious. The skin is blistered and the pain is far greater. These burns require the attention of a professional.



Third degree burns are very serious injuries. The skin may appear discolored...white or brown or even charred! There can be severe blistering and skin may fall away.

If the burn is not a third degree burn, (which should be treated by a medical professional) the most important step is to keep the injury cool with running water for ten to fifteen minutes.

Doing this will lower the temperature of the skin; help to lessen the pain and reduce the swelling.

If it is a third degree burn gently place moist, cooling cloth dressings on the injury...keeping the bandages as sterile as possible.

In serious burn incidents, cut or take away burned clothing that isn't fused to the skin. Also, remove watches and rings or anything else that might restrict blood flow to the injured area before it begins to swell. Try to keep the injury raised or elevated.

Once the first or second degree burn has been adequately rinsed with cool water, cover the injured area with clean dry dressing.

Never put butter, grease or oily ointments on a burn. These will only hold the heat in and actually "cook" the injured skin.

Be careful not to break blisters. Open blisters increase the possibility of infection.

Reduce the probability of shock trauma by keeping the body temperature of the injured person as normal as possible. Cover the victim with a dry, clean blanket but make sure it doesn't touch or aggravate the burned areas.

IMPORTANT:

If you have any other questions about burn prevention, contact your local Fire Department or Medical Response Service and ask to speak to a safety representative.



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LAFAYETTE FIRE DEPARTMENT

"OUR FAMILY HELPING YOUR FAMILY"