



SAFETY TIPS TO PREVENT

Scalds



*A Program to Help Keep Children
Safe and Injury-Free.*

Sponsored & Made Possible By:

Overwatea Foods

Partnering with B.C.'s Children's Hospital
since 1988

SAFETY TIPS TO *Prevent Scalds*

hot water burns like fire

Scalds are burns caused by:

- hot water from the tap
- hot liquids (such as coffee or tea)
- hot food (such as soup)
- steam (such as from a kettle or pot)

Safety in the Bathtub

First, lower the temperature of the hot water in your home.

Follow these steps to make sure your child's bath water is always the right temperature:

- Run cold water into the bathtub first, then add hot water until the bath is warm (not hot). Run a bit more cold water at the end to cool off the faucet.
- Before you put your child in the bathtub, test the water with your hand. The water should feel warm, not hot. The right temperature for your child is cooler than what you would choose for your own bath.
- Keep your child away from the hot water tap. Do not let him or her turn it on.
- Do not leave your young child in the bathtub with an older child. The older child may turn on the hot water tap.
- Always stay with a child under 5 when he or she is in the bath or near bath water. A scald can happen in seconds.
- If anyone else gives your child a bath (a relative or babysitter), teach him or her these points to keep your child safe.



How hot is the water from your taps?

Most hot water heaters in Canada are set at 60° Celsius (140° Fahrenheit). Your child's skin can burn in just one second at that temperature.

Test the temperature of your hot water and lower it to 49° Celsius (120° Fahrenheit). This is a much safer temperature for your child. You will still have lots of hot water for use in your home.

You can lower your water temperature by turning down your hot water heater. Or you can put anti-scald devices on your taps.

*To learn more, call
1-888-SAFETIPS or visit
www.safekidscanada.ca*



Safety in the Kitchen

Whenever possible, use the back burners on the stove for cooking. Turn pot handles to the back of the stove to keep hot food from getting knocked onto your child.

Do not let the cords from electrical appliances (such as your kettle) hang over the edge of a counter or table. Your child might pull the cord and be scalded by hot liquid.

Keep your child safely out of the way when you are cooking or making hot drinks. Your child is most likely to be scalded in the kitchen when you are busy working there.

Microwave Alert

It is not a good idea to use a microwave to heat a baby bottle or baby food. Food or milk that is heated in a microwave can feel fine on the outside but be very hot on the inside. It is better to heat a bottle in warm water, and to heat food on the stove.

If you do use a microwave, mix the food or shake the bottle after it has been heated. This will help get rid of hot spots. Check the temperature. It should feel warm, not hot.



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Safety Check

- Test the temperature of the hot water from your tap. Lower the temperature to 49° Celsius (120° Fahrenheit).
- Do not drink a hot drink if you are holding your child. Use a cup with a lid for your hot drinks.
- Keep young children safely out of the way when you are cooking or making hot drinks.
- Do not give hot food or drinks to your child. Make sure the food or drinks are warm, not hot.



DID YOU KNOW ...

- *Your child's skin is thinner and more sensitive than yours. Your child's skin will burn more quickly and at a lower temperature than yours.*
- *More children are burned by hot liquids than by fire.*



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Safety Tips are a series of fact sheets about children under 5 produced by Safe Start, the injury prevention program of BC's Children's Hospital, in co-operation with Save-On-Foods, Overwaitea Foods, Safe Kids Canada, and the Canadian Institute of Child Health. For more information, contact Safe Start at (604) 875-3273 or online at www.cw.bc.ca/safestart or visit www.safekidscanada.ca. These Safety Tips may be photocopied, but only in their original format. *Produced 2003.*

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