



Scalds: Burns caused by liquids or steam.

Scalds, a leading cause of burn injuries, frequently happen in our homes. It's vitally important to be alert to risks of scalds and burns, and to do what we can to prevent them.

A scald is caused by something wet, such as hot water, other liquids, or steam, damaging one or more layers of skin. Other burns are caused by dry heat, such as a flame.

Children, older adults and the disabled are most at risk. The danger sources are usually part of everyday life, such as too-hot bathwater, spilled coffee, or soup from the microwave. Injuries can be severe, even devastating, and children under 5 are particularly vulnerable.

In every household, simple but important steps can greatly minimize the danger. Please carefully review this brochure's advice on staying safe. It also features tips on what to do when someone is injured.

At Kern Medical, we are committed not just to wellness and healing, but to promoting safety measures that help keep you free from harm.

OUR MISSION

Guided by the needs of our patients and their families, Kern Medical delivers safe, compassionate, high-quality care, and improves the health and well-being of our community.



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safehome
SAFE BABY

Keeping Children Safe from Scalds

RISKS OF SCALDS IN YOUR HOME
AND HELPFUL PREVENTION TIPS





Facts About Scalds

- Every year, about **450,000 burn injuries** require medical treatment.
- In California, scalds are the **leading cause of burn center admissions** for children under 5.
- On average, children suffering a severe scald injury are **burned over 10 percent of their bodies** and hospitalized for five days.
- Many injuries happen in **predictable, preventable ways**.
- One-third of scald injuries involve heated water, and half involve some other **hot liquid such as coffee, tea, soup or grease**.

SAFETY PRIORITY

#1



Be Sure Children Understand the Dangers of Heat

First, in all situations, **make sure your young child understands that hot liquids can burn**. In addition, keep children away from matches and other flammable materials.

Safety at Home

- Before placing your child in the bath, always check the water temperature with a thermometer. Tub water should be no more than 100° Fahrenheit.
- When filling the tub, run cold water first, then mix in warmer water.
- Install anti-scald devices on tub faucets and showerheads.
- Always check the bathwater for hot spots by running your hand, wrist and forearm around and through the water.
- Never leave a child unattended in or near the bathtub or sink.
- Never drink or carry hot beverages while carrying a child, and never hold a child while you are cooking.
- When cooking, wear short, close-fitting or tightly rolled sleeves, and use oven mitts and hot pads.
- Always place hot liquids and food in the center of a table or toward the back of a counter. Don't use placemats and tablecloths – children can pull them down.
- Always position pot and pan handles toward the back of the stove.
- Heat baby bottles in warm water from the faucet, not in the microwave.
- Make sure microwaved food has cooled to a safe level before eating.

Scald First Aid

If someone should get hurt, treat scalds immediately.

- Remove any clothing, diapers, jewelry, etc. from the burned area. They can hide underlying burns and retain heat, increasing skin damage. Clothing also can keep hot liquids in contact with the skin. **Do not, however, remove clothing that is sticking to the skin.**
- **Immediately** run cool tap water over the injury for 3 to 5 minutes. Cooling decreases the depth of burning.
- **Do not apply creams**, ointments, sprays or other home remedies – including butter. Cover with a clean, dry cloth.
- **Do not apply ice.** It might shut down circulation to the damaged skin.
- **Do not break blisters.**
- **For serious burns, call 911** and get to the nearest emergency room or doctor as quickly as possible.



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