

Child Safety (0-4 years)

90% of childhood injuries are preventable!

Too Hot For Tots! FACT SHEET

Hot Drinks



DID YOU KNOW?

Scalds from hot drinks are the most common cause of burns in young children.^{1,2} Children have thinner skin than adults.^{3,4} When a hot drink like tea spills on a child, it can cause serious damage.^{5,6,7} Hot soup, milk and foods are also common causes of scalds.¹

A hot drink that is comfortable to drink, can seriously scald your child in seconds!^{8,9}

WHAT CAN YOU DO?

BE AWARE – Hot drinks and food can cause serious harm to your child.



BE CLOSE – Supervise your child when hot drinks and hot food are around.



BURN PROOF

- » Never hold your child while you drink a hot beverage.
- » Use a travel mug with a screw on lid for hot drinks inside and outside the home.
- » Keep hot drinks out of reach.
- » Keep appliances and cords away from the edge of the counter.
- » Use the rear stove burners and turn pot handles toward the middle of the stove.
- » Young children should be in a high chair or play pen when you are cooking in the kitchen.
- » Teach older children that the kitchen is a NO PLAY ZONE.



Hot Surfaces



DID YOU KNOW?

Children can get deep burns on their hands and faces from the glass of a gas fireplace. Between 1990-2010, the number of children that suffered deep burns from touching this glass has increased by 20 times.¹⁰

The glass of a gas fireplace heats up to 200°C (400°F) in just 6 minutes and takes 45 minutes to cool down to a safe temperature.¹¹

DID YOU KNOW?

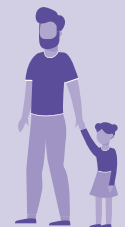
Stoves, clothing irons and hair styling tools also cause burns in young children.²

WHAT CAN YOU DO?

BE AWARE – The glass of a gas fire is as hot as an oven. Electric fireplaces can also get very hot. Children can get burns from fireplaces that are just for show.



BE CLOSE – Stay within arm's reach of your child when there is a fireplace that is on, or is cooling off.



BURN PROOF

- » As of January 2015, all gas fireplaces sold in North America must be installed with a heat-proof screen or barrier over the glass. Most gas fireplace manufacturers supply screens for older fireplaces.
- » Put a safety gate around the fireplace even if the fireplace has a heat-proof screen. The metal around the glass can get very hot.
- » Keep the remote control for your fireplace out of your child's reach.
- » Install a switch cover over the switch that turns on the fireplace. This will prevent your child from turning on the fireplace without your knowledge.



Hot Water



DID YOU KNOW?

The factory setting for most hot water tanks is 60°C (140°F).^{12, 13}

At this temperature, your child will suffer a deep scald in seconds! Hot water scalds usually happen when children are left to play in the bath tub or a bathroom unsupervised.

WHAT CAN YOU DO?

BE AWARE – Hot water can cause serious harm to your child.



BE CLOSE – Provide constant supervision and be within arm's reach when your child is in the bathroom. If you must leave the bathroom, take your child with you.



BURN PROOF

- » Lower the maximum temperature of the hot water taps in your home. The water at the taps should be 49°C (120°F) to kill bacteria in the water tank.^{12, 13} If your hot water is 49°C (120°F) instead of 60°C (140°F), your child will not be as badly burned if they turn on the hot water.^{12, 13} A safe bath water temperature for your child is 38°C (100°F).^{14, 15, 16} Visit burnfund.org to learn how to safely adjust the hot water in your home.
- » Position your child towards the back of the bathtub and as far away as possible from the taps.
- » Always start and end with cold water when filling the bathtub.
- » Keep your child out of the bathroom when the tub is filling.
- » Always check the bathwater with your elbow to make sure it is warm, not hot, before you put your child in the bath.
- » Never rely on an older child to supervise a younger child in the bath tub.



First Aid



1. Remove any hot wet clothing, unless it is stuck to your child's skin.
2. Cool the burn quickly with cool water or a cool liquid that is nearby, like a glass of water. **Every second counts!**
3. Cool the burn for **1 minute**.¹⁷ Continue cooling, even if the skin peels or blisters. Cooling reduces pain and injury.
4. Keep your child warm. Only cool the skin that has been burned.
5. If the burn is smaller than a loonie (1 inch in diameter), after cooling, apply an antiseptic ointment like Polysporin and a band aid. Change the band aid and apply new ointment every day until the burn is healed. If the damaged skin does not start to heal over the next 3 days, get medical attention.
6. If the burn is bigger than several of your child's hands put together, cool the burn for **1 minute**, then cover with a clean, dry sheet and call 911 for an ambulance.

Never put oil, butter, cream or ice on a burn.

When to get help right away



- » If the burn is larger than a loonie (1 inch in diameter)
- » If the burn is on your child's face, hands, feet or groin
- » If blisters develop
- » If the burn becomes red, swollen, you see pus or your child develops a fever

Find someone else to drive you to the doctor's office or hospital so you can give your child your full attention. If no one is home, call an ambulance.

Always cool the burn before calling 911 or driving your child to the doctor's or hospital.

** References can be found on the Baby Daze – City of Delta website in the Child Safety Resources and References.*

Too Hot for Tots! is a program of the BC Professional Fire Fighters' Burn Fund. All rights reserved. For more information about how to prevent childhood burns in the home, visit burnfund.org.