

## **FEBRUARY: Week 1 – Preventing Scalds & Burns**

**Overview:** A scald injury can happen at any age. Children, older adults, and people with disabilities are especially at-risk. Hot liquids from bath water, hot coffee, and even microwaved soup can cause devastating injuries. Scald burns are the second leading cause of all burn injuries.

Most “fire-related injuries” are burns. In fact, approximately every 60 seconds someone in the U.S. sustains a burn injury serious enough to require treatment. Increased awareness of the dangers can prevent injuries. Keep your family safe by learning how to prevent burns.

National Burn Awareness Week is observed the first full week in February, and it is designed to provide an opportunity for burn, fire, and life safety educators to unite in sharing a common burn awareness and prevention message in our communities.

**Resources:** The following resources are available:

- Scald prevention safety tips
  - <http://www.nfpa.org/~media/files/public-education/resources/safety-tip-sheets/scaldprevention.pdf?la=en>
- “Burn care specialists detail the realities of home fires” YouTube video
  - <https://www.youtube.com/watch?v=Yr3Cf8H4OwE>
- “Sort it out” printable kids activity
  - <http://sparkyschoolhouse.org/app/uploads/2015/05/Sorting.pdf>
- Various resources on Burn Awareness Week from ABA:
  - <http://ameriburn.org/prevention/burn-awareness-week/>
- “Hot, Not Hot, or Sometimes Hot” YouTube video
  - <https://www.youtube.com/watch?v=wwQwq6BPh5s>
- “The Fire Challenge: A Conversation with Parents & Caretakers” lesson
  - <http://www.nfpa.org/~media/files/public-education/resources/lesson-plans/lessonfirechallenge.pdf?la=en>
- Various community activity ideas on burn awareness from NFPA:
  - <http://www.nfpa.org/~media/files/public-education/by-topic/burn-awareness/burnawarenesscommunityideas.pdf?la=en>

**Media Tools:** Use the following pre-written media releases and social media posts in your efforts to promote scald and burn safety:

- **Twitter**
  - Scalds = 2nd leading cause of all burn injuries. Be careful around hot liquids like bath water, coffee, and microwaved soup. @TNCommercelnsur
  - Always have a “kid-free zone” of at least 3 feet around stoves/areas where hot food/drink is prepared or carried. @TNCommercelnsur
  - Not all burns are caused by fire! Cleaners, weed killers, and pool chemicals can cause burns. Keep these locked away/out of reach. #NBAW2020
  - Common, everyday items like candles, matches, and lighters can cause devastating injuries. Be safe! @TNCommercelnsur #NBAW2020
  - Not all burns are caused by fire! Household items like irons, hair straighteners, and stoves can cause devastating burn injuries. #NBAW2020

- **Facebook**

- Scalds = 2nd leading cause of all burn injuries. Be careful around hot liquids like bath water, coffee, and microwaved soup! To learn more, go here: <http://www.nfpa.org/~media/files/public-education/resources/safety-tip-sheets/scaldprevention.pdf?la=en>
- Always have a “kid-free zone” of at least 3 feet around stoves/areas where hot food/drink is prepared or carried. To learn more, go here: <http://www.nfpa.org/~media/files/public-education/resources/safety-tip-sheets/scaldprevention.pdf?la=en>
- Not all burns are caused by fire! They can also be caused by common household products like cleaners, weed killers, and pool chemicals. Keep these locked away and out of reach of children! For more information, please visit: <http://ameriburn.org/prevention/burn-awareness-week/>
- Not all burns are caused by fire! Did you know that scald burns (caused by hot liquids or steam) are the number one cause of burn injury for children under the age of five? For scald prevention tips, visit [www.flashsplash.org](http://www.flashsplash.org)
- Not all burns are caused by fire! Electricity can cause burns when a plugged-in appliance comes into contact with water, the power supply is not shut down before making home repairs, or if a child bites on electrical cords. Keep your family safe from electrical burns. For more info, go here: <http://ameriburn.org/prevention/burn-awareness-week/>

**Educator Tip:** “Learn Not To Burn” is a comprehensive burn awareness program aimed at teaching kids about the importance of burn/fire safety. The program reaches children (preschool to 2<sup>nd</sup> grade) using proven educational strategies that incorporate our philosophy of teaching positive, practical fire safety messaging. To access the full “Learn Not To Burn” program, go to: <http://www.nfpa.org/public-education/resources/education-programs/learn-not-to-burn>

**NFPA Messaging:**

*Burns*

*Preventing Scalds and Burns in the Kitchen*

**9.1.1** Teach children that hot things burn.

**9.1.3** Turn pot handles away from the stove’s edge.

*Hot Tap Water and Scald Burns*

**9.2.1** Set your water heater to 120 degrees Fahrenheit (49 degrees Celsius).

**9.2.6** Before placing a child in the bath or getting into the tub yourself, test the water.

*Treatment of Burns*

**9.3.1** Treat a burn right away by putting it in cool water. Cool the burn for 3 to 5 minutes. Cover with a clean, dry cloth. Do not apply creams, ointments, sprays, or other home remedies.