



Fact Sheet: Preventing Scald Injuries

Preventing scalds to infants

- Avoid eating or drinking hot liquids, like coffee or tea, while holding a baby.
- Keep infants out of the kitchen if possible, or at least away from the stove.
- Use caution when serving hot foods and liquids around children. Avoid using tablecloths and placemats – children can pull hot food down onto themselves.
- Supervise babies at all times while bathing them. Turn the faucet away from the child if possible, and keep the hot water handle out of his or her reach.
- Keep your water heater setting at 120° F (or low). Make sure bath water is 100° F or less.

Preventing scalds to toddlers

- Keep toddlers out of the kitchen if possible, or establish a “no-zone” of at least 3 feet around your stove. Cook on the rear burners of your stove, with pot handles turned in.
- Place hot items and appliances at the back of your kitchen counters. Keep appliance cords unplugged and coiled behind them when not in use.
- Always supervise your child in the bath. Keep toddlers at the far end of the tub, turned away from the faucet. Ensure bath water is no higher than 100° F, and set your hot water heater to 120° F (or low).
- Toddlers are also very curious about fire and flames, so make sure you keep lighters, matches, and candles out of reach in a secure location.

First Aid for Burns

- Remove the burned area from the heat source.
- Immediately flood the burned area with COOL water for 15-20 minutes. Do not put ice, butter, lotions, or any other substances on the burn.
- For burn injuries that are serious or cover a large area, call 9-1-1 for help.

“ Hot liquids burn like fire. Children under five are most likely to be severely injured by hot liquid burns than by any other kind of burn. ”