

安全計劃

- 🔥 規劃和練習家庭逃生路線。確保每個房間至少有兩個出口，以防一個出口被阻塞。
- 🔥 發生火災時，在房屋外建立聚會場所，例如郵箱，電線桿。
- 🔥 在每個臥室，每個樓層以及客廳都安裝煙霧探測器。
- 🔥 每月測試一次煙霧探測器，並記住每年更換兩次電池
- 🔥 切勿將汽油用作清潔液。將汽油緊密封在認可的安全容器中，該容器應遠離任何點火源
- 🔥 請勿在熱水器附近存放易燃液體，例如汽油，油基油漆，清潔產品，農藥，髮膠，膠水和松節油。
- 🔥 切勿在燒烤爐中加入較輕的液體或其他易燃液體。液體會著火，導致容器爆炸

如果衣服著火了...

停在您所在的位置。

扔在地上，用手遮住臉。

在地面上滾動以撲滅火焰。



學會保護家人免受灼傷

只需一秒鐘
永遠改變你的生活



致力於提高燒傷倖存者的生活質量並促進燒傷預防。

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Learn to Keep Your Family Safe From Burns

It Only Takes
a Second to
Change Your
Life Forever



Dedicated to enhancing the quality of life for burn survivors and promoting burn prevention.

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Plan for Safety

- 🔥 Plan and practice a home escape route. Make sure you know at least two exits from each room, in case one exit is blocked.
- 🔥 Establish a meeting place (mail box, telephone pole) outside your home in the event of a fire.
- 🔥 Install smoke detectors in each bedroom, on every level of your home, and in every living area.
- 🔥 Test your smoke detector monthly and remember to change your batteries twice each year.
- 🔥 Never use gasoline as a cleaning fluid. Keep gasoline tightly sealed in approved safety containers stored away from any ignition source.
- 🔥 Do not store flammable liquids such as gasoline, oil-based paints, cleaning products, pesticides, hairspray, glues and turpentine near your hot water heater.
- 🔥 Never add lighter fluid or other flammable liquids to hot coals in a barbeque. The fluid can ignite, causing the container to explode.

If Your Clothes Catch on Fire ...

Stop where you are.

Drop to the ground, covering your face with your hands.

Roll on the ground to smother the flames.



Prevent Scalds

- Turn your hot water heater down to 120° F (low setting).
- Never leave a small child unattended in the bath or shower.
- Turn pot handles towards the rear when cooking. Try to always cook on back burners. Never wear loose clothing when cooking.
- Keep young children out of the kitchen while cooking.
- Be cautious while using the microwave. Liquids and filling in doughnuts, pies, tarts, etc. can become superheated (600° F or more) and may explode when moved.
- Avoid having hot liquids or dishes at a table where there are children.
- Never cool hot liquids on the ground/floor.
- Never use water to extinguish a cooking oil/grease fire. Using an oven mitt, carefully place a lid over the pan and remove the pan from the heat source. Baking soda can also be used to smother grease fires.

Emergency Burn Care

- Remove from heat source.
- Immediately flood the burn area with cold water. Cool continuously for 15-20 minutes.
- If the burn is serious, seek medical attention immediately.
- Do NOT put ice, butter, or lotions on a burn. Do not use ointments immediately after you are burned.
- Do not puncture blisters.

Length of time in which 2nd and 3rd degree burns will occur

less than 1 second

1 second

5 seconds

30 seconds

5 minutes

Broiling

Baking

Frying

Boiling

Most home water heater systems

Recommended water heater setting

Comfortable bath water

F

600°

400°

375°

212°

155°

140°

130°

120°

100°

C

320°

204°

190°

100°

68°

60°

54°

49°

38°

烤

烘

炸

煮

大多數家用熱水器系統

推薦的熱水器系統

舒適的沐浴水

發生2度和3度灼傷的時間長度

少於1秒

1秒

5秒

30秒

5分鐘

Note: These times are for adults. Children can burn up to three times as quickly because their skin is thinner.

注意：這些時間是針對成年人的。孩子們的皮膚較薄，因此其燃燒速度可能快三倍。

預防燙傷

- 將熱水爐調低至120°F (低設置)。
- 切勿讓小孩無人看管在管浴缸或淋浴。
- 烹飪時將鍋柄向後旋轉。嘗試使用後燃爐做飯。烹飪時切勿穿寬鬆的衣服。
- 做飯時，讓年幼的孩子遠離廚房。
- 使用微波爐時要小心。甜甜圈，餡餅，蛋撻等中的液體和餡料可能會過熱(600° F或更高)，並且在移動時可能爆炸。
- 避免在有小孩的桌子旁喝熱的液體或餐具。
- 切勿冷卻地面/地板上的熱液體。
- 切勿使用水撲滅食用油/油脂火。用烤箱手套將鍋蓋小心地放在鍋上，然後從熱源上取下鍋。小蘇打也可以用來消除油脂燃燒。

緊急燒傷護理

- 從熱源中取出。
- 立即用冷水淹沒燒傷部位。連續冷卻15-20分鐘。
- 如果嚴重灼傷，請立即就醫。
- 請勿將冰，黃油或乳液塗在身體燒傷部位。燒傷後請勿立即使用藥膏。
- 不要刺破水泡。