

# HOT LIQUIDS BURN

*Safety Tips to Prevent Scald Injuries*



■ ■ SAINT BARNABAS  
■ ■ HEALTH CARE SYSTEM



*The Burn Center at Saint Barnabas  
Saint Barnabas Burn Foundation*

94 Old Short Hills Road, Livingston, NJ 07039  
[www.njburncenter.com](http://www.njburncenter.com)

***SCALD BURNS ARE  
PREVENTABLE....  
EDUCATING YOURSELF  
AND YOUR FAMILY IS  
THE FIRST STEP***

Following the tips in this brochure will help you create a safe home environment, but an accident may occur. If someone should sustain a scald injury follow these steps:

1. Remove any wet clothing and run cool water over the burn to slow down the burning process.
2. Avoid using home remedies or ice which often make a burn worse.
3. Seek IMMEDIATE medical attention by calling 9-1-1, visiting your physician or seeking emergency care at a hospital/burn center. Delaying treatment can result in a more serious injury.



Further information on scald prevention may be obtained from The Burn Center at Saint Barnabas Burn Education and Outreach at 973.322.8071.

# SCALDS ARE A BURNING ISSUE

## What is a scald injury?

A scald is any burn caused by a hot liquid or steam. Bathing and kitchen-related accidents are the most common causes of scalds and CAN be prevented by making your home a safe environment.

## Who is at risk of scald?

ANYONE can receive a scald injury. Extra caution should be used with infants/toddlers and older adults because their skin tends to be thinner and the risk of injury is higher and more serious.

Scald injuries often require hospitalization and surgery which can have a long-lasting impact, both physically and emotionally on the patient as well as family and caregivers.





## KITCHEN SAFETY

Kitchens tend to be the gathering spot in most homes and are often the scene of many accidents involving hot liquids.

These are some tips to consider that are specific to the kitchen:

- **Keep pot handles turned inward and use back burners to cook**
- **Use oven mitts or potholders**
- **Use care with a microwave**
  - Stir food and test temperature before serving
  - Heat formula separately before putting into a baby bottle
  - Supervise children using a microwave
- **Limit use of tablecloths and placemats with young children; pulling on them may cause hot foods/liquids to spill**
- **Keep high chairs a safe distance away from counters and stove**
- **EITHER hold a hot beverage or hold a child, not both at the same time**
- **Establish “safety zones” with your children**

## BATHROOM SAFETY

Tap water scalds are common place and can be avoided by following some basic steps:

- **Check the temperature of the hot water that comes out of your tap**
  - Infants and toddlers should NOT be bathed in water hotter than 100 degrees Fahrenheit
  - Home hot water heater should be set at a maximum of 120 degrees F
- **ALWAYS supervise a child in the bath; do not leave a child unattended for any reason**
- **Do not run water while a child is being bathed**

Families living in large multi-family dwellings and apartment buildings should consider speaking with the building superintendent/landlord about the hot water temperature settings. Remember, older buildings may deliver an uneven supply of hot water and care should be taken when using hot water for bathing and washing. You may consider purchasing an anti-scald device or a thermometer.



# ABOUT THE BURN CENTER AT SAINT BARNABAS

Critically burned patients require the expert, highly sophisticated care that can only be provided by an experienced team of medical professionals at a comprehensive burn center. In New Jersey, that kind of specialized care is available exclusively at The Burn Center at Saint Barnabas. Established in 1977, The Burn Center at Saint Barnabas is the state's only certified burn treatment facility, with 12 intensive care beds and an 18-bed-step-down unit for less critically injured patients. The Center is one of the largest in the United States and Canada. The Burn Center is recognized as a national leader in burn care by the American Burn Association and the American College of Surgeons.

# ABOUT SAINT BARNABAS BURN FOUNDATION

Established in 1987, Saint Barnabas Burn Foundation serves as the education, research and fundraising arm of The Burn Center. It provides essential financial support to burn patients and their families, fire safety programs for the community, educational and training programs for professionals, as well as medical equipment for The Burn Center.

 **SAINT BARNABAS**  
**HEALTH CARE SYSTEM**



*The Burn Center at Saint Barnabas*  
*Saint Barnabas Burn Foundation*

94 Old Short Hills Road, Livingston, NJ 07039  
[www.njburncenter.com](http://www.njburncenter.com)