

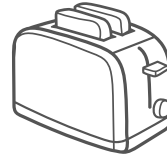
# PEDIATRIC BURN PREVENTION TIPS AND TRICKS

**1** The **number one** cause of burns in children are scald burns from hot liquids

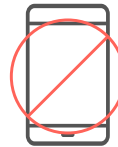
## MAKE YOURSELF RULES:



**No** Hot liquids when carrying children or pushing them in strollers



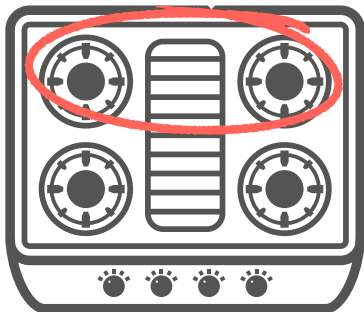
Keep appliances and cords **away from the edge** of the counter



**Limit** distractions

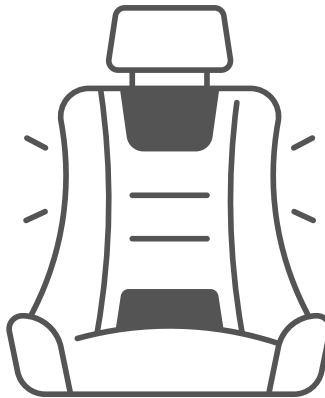
### KITCHEN

**Only cook** on the back burners



**Create** a no-go zone in the kitchen around the stove

### CAR

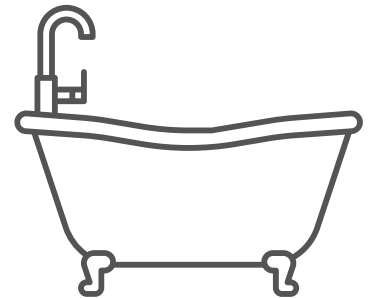


On hot/sunny days – **cover the car seat with a blanket**

So the metal parts (buckles) and the car seat itself do not get hot

### BATHROOM

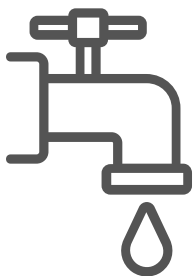
**Don't leave** children unattended at bathtime



**Keep** bath less 100F

Turn Water heater down

## TREATMENT:



### USE COLD RUNNING WATER

You want to bring the temperature of the burn down to normal body temperature

**DO NOT USE** butter, vaseline, cream or other remedies

*Do not use ice*



### Check List

- Remove hot item from skin if possible
- Run cold running water over the burn even if clothing is still on
- Seek medical treatment if your child has burns on the hands, feet, face, genitals or larger than the palm of their hand