

HomeMatters

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Protect Kids From Hot Water Scalds

According to the U.S. Consumer Product Safety Commission, there are approximately 3,800 injuries and over 30 deaths in the United States due to hot water scalds every year. Most of these incidents involve young children and the elderly.

Scald Prevention Tips

Most people are not aware of the temperature at which water or other liquids can become dangerous; however, this is the key to preventing injuries from hot water. In as little as 30 seconds, water that is 140° F can cause burns to an average adult. But it only takes five seconds for a child to get burned by water at that same temperature.



Safety First

You should not place ice, butter or lotion on a burn to make it heal faster. These remedies can actually harm the skin and can cause the injury to become more severe. Instead, to treat a minor burn, run the affected body part under cool water for three to five minutes and then apply a sterile bandage.

If the burn is serious, seek medical attention immediately.

To protect your family against scalds from hot water, consider these safety recommendations:

- Set your water heater to 120° F or less. This should be approximately just below the medium setting.
- Before allowing your children to get into the bathtub, test the water first. Once kids are in the tub, watch them closely to make sure they do not turn on the water and burn themselves.
- Install special tub spouts and shower heads to protect delicate baby skin from hot water burns.
- Keep hot drinks away from the edge of your dining room table or countertop so children cannot knock them over and get burned.
- Do not drink hot drinks when holding a small child unless you are using a mug with a cover.
- Test foods and liquids heated in the microwave before giving them to children.
- Keep children away from the range when you are cooking or boiling water.

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