

Kitchen

- Keep hot items in the centre of the table and hot liquids and drinks away from children
- Keep young children away from the cooking area
- Use place mats instead of tablecloths - young children use tablecloths to pull themselves up
- Roll up electrical cords and unplug appliances when not in use
- Use pot holders, not towels
- Turn pot handles, inward, toward the back of the stove; use back elements of stove for cooking
- Store pot holders, paper towels and seasonings away from the stove top
- Avoid full or puffy sleeves while cooking
- Keep food away from the stove so no one will be tempted to reach across hot stove elements
- Use a large lid, cookie sheet or wet tea towel to put out small grease fires in pans
- Do not store candy or toys above the stove

Living/Family Room

- Do not use extension cords in place of permanent wires
- Cover unused electrical outlets with safety plugs
- Use fireplace matches to light a fireplace
- Keep matches and lighters away from children
- Soak cigarettes in water before placing in garbage to ensure they are fully extinguished

Bathroom

- Run hot and cold water together
- Set the hot water heater thermostat to low-120°F/50°C
- Never leave children alone in the bathroom
- Use a “no slip” plastic mat in the bathtub to prevent falls

Did you know that...

- Children under 5 years old suffer the highest number of scald burns
- Some fabrics burn faster and hotter. Cotton burns readily and produces great heat, while wool is difficult to ignite and burns with a smaller flame
- Children aged 5 to 9 years old suffer clothing burns most frequently
- Ventilation is required when painting or varnishing. Vapours accumulate and ignite easily. Make sure nearby pilot lights in stoves and furnaces are off
- The most common scald burns from microwaves occur when plastic wraps/lids are removed from heated items
- Most reported infant burn injuries from a microwave involve mouth burns from heated bottles
- Using butter to relieve a burn is a myth-lotion, ointments or oil dressings keep heat in. Use cool water to let heat out
- Using a liniment and heating pad together increases the risk of a burn
- Adult males often receive burns when flammable liquids are used improperly
- Adult females are often burned removing a burning container of grease from the stove. Grease fires should be smothered out with a lid, cookie sheet or a wet tea towel
- In 1987, the Federal Government passed legislation concerning flame retardant sleepware for sizes 1 to 12 X - look for the protective label
- More than 50% of burn injuries are preventable
- Most burn injuries occur in the kitchen
- The peak times for burn injury incidents to occur are noon, 6 to 7 p.m. and 11 p.m. to 1 a.m.

Here is a list of common hazards that lead to burn injury caused by hot liquids and grease.

For each item, circle whether the hazard is

Usually,
Sometimes or
Never in your home

Pot handles stick out from the stove	U	S	N
Children are alone in the kitchen while food is cooking	U	S	N
Appliance cords hang down from counters or tables	U	S	N
I am rushing to fix breakfast or dinner	U	S	N
Children play in the kitchen while I am cooking	U	S	N
I don't check for children before carrying hot liquid	U	S	N
Hot coffee or tea is left on the table when no adult is there	U	S	N
Children are alone in the bathroom when the tub is being filled	U	S	N
I forget to test the temperature of my child's bath water	U	S	N
I have long hair and wear it loose while cooking	U	S	N
Matches and cigarette lighters are lying around where children can find them	U	S	N
Flammable liquids are not stored on a high, cool shelf, away from open flame in tightly sealed containers	U	S	N
I store children's snacks over the stove	U	S	N
I pour charcoal lighter fluid on coals after they have started burning	U	S	N
I smoke near gasoline	U	S	N
I wear a bathrobe while cooking	U	S	N
I spill lighter fluid on my clothes	U	S	N
I fall asleep while smoking	U	S	N