

# Be Burn Aware!

## Safety Begins at Home

### Tips to Keep Your Children, and You, Safe at Home

#### Safety All Through the Home:

- Use electrical outlet covers.
- Unplug electrical appliances when not in use.
- Install an appropriate number of smoke detectors – one near each bedroom, one at the top of each stairway and one near the planned escape route.
- Teach your children that matches are a tool, and not a toy. Keep matches out of reach of younger children, and allow older children to use them only when supervised.
- Store all flammable liquids properly.
- Store all chemicals and cleaners out of reach of children, or lock the cabinet.
- Have the electrical wiring in your house checked professionally every 10 years.
- Have the fireplace and chimney inspected every year before the cold weather season.
- Replace damaged electrical cords.
- Do not leave lighted candles unattended.
- Gasoline has only one purpose: to fuel an engine.

#### Safety in the Kitchen and Dining Area:

- Always supervise children in the kitchen and dining area.
- Keep children away from everything that is hot.
- If young children are in the home, use placemats rather than tablecloths.
- Keep all hot items and anything electrical out of reach of children and away from edges of tables and counters.
- Establish a kid-free zone, where young children can be watched but are safely out of the kitchen while cooking is being done.
- Do not use deep-fryers with children present.
- Keep pot handles turned inward; use oven mitts or pot holders. Keep clothing from coming into contact with flames or heating elements.
- Store all chemicals and cleaners out of reach of children, or lock the cabinet.
- Follow instructions and cautions for heating items in a microwave oven.
- Avoid area rugs in the kitchen.
- Do not handle hot items while holding young children.

#### Safety in the Bathroom:

- Have a latch-bolt on the outside of the bathroom door so young children cannot enter the bathroom unsupervised.
- Always supervise children in the bath.
- The water in a child's bath should not exceed 104° F. Set your water heater no higher than 120° F.
- Run cold water in the tub first, and then add warmer water.
- Before placing a child in the tub, test the water temperature by moving your hand through the water.
- If the water feels hot, it is too hot for a child.
- When placing a child in the bathtub, face them away from the faucets and as close to the other end of the tub as possible.
- If you let your children play with toys while in the bathtub, do not leave them unattended.
- Consider not permitting toys in the bathtub.

#### Safety Planning in Case a Fire Does Occur:

- Have an escape plan, including two exits from each room, in place.
- Practice using the plan.
- Have a designated meeting place at a safe distance from the home.

#### About Shriners Hospitals for Children®

Shriners Hospitals for Children is a health care system of 22 hospitals dedicated to improving the lives of children by providing pediatric specialty care, innovative research, and outstanding teaching programs for medical professionals. Children up to age 18 with orthopaedic conditions, burns, spinal cord injuries, and cleft lip and palate are eligible for care and receive all services in a family-centered environment, regardless of the patients' ability to pay.

