

*Any time that your children are in the sun
— at the beach, the park, or the backyard
— there is the possibility of sunburn,
especially with infants.*

SUNBURN



- **Avoid the strongest rays of the day, from 10 am to 4 pm!**
- **Cover up: Wear hats, sunglasses, and long-sleeved shirts.**
- **Use SUNSCREEN on babies or children 6 months and older! Re-apply every 2-3 hours. (at least SPF 45)**
- **Use a waterproof sunscreen if you are around water and reapply after swimming.**
- **Be conscious of your child's sun exposure!**

Be Sun Safe

Sunburn can happen very quickly with a baby or small child. Every sunburn a child gets increases the potential for skin cancer as an adult.



Project BurnSafe™

BurnSafe™ is a comprehensive digital media library of fire and burn injury prevention materials funded in part by grants from the Department of Homeland Security (FEMA).

The *BurnSafe™* library provides the tools and knowledge needed to prevent fire and burn injury for children, families, firefighters, healthcare professionals, teachers, employers and the community-at-large.

The mission of the Burn Foundation is to serve the greater Philadelphia region in the prevention of burns; in the support of the burn care community; and in enhancing the quality of life for burn survivors and their families.

If you would like to assist us, tax-deductable contributions can be made through our website or by calling us at the number below.



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**Keep Your
Child Safe
From
Burns**



Prevention • Education • Treatment • Recovery

SCALDS

According to the US Centers for Disease Control, scalds are the number-one cause of burns. A scald occurs when **HOT** liquids or steam come into contact with skin. Each year, over 150,000 children are injured by overheated bath water.



Don't Get Yourself Into Hot Water

- The U.S. Consumer Product Safety Commission (CPSC) urges all users to lower their water heaters to 120 degrees Fahrenheit. In addition to preventing accidents, this decrease will conserve energy and save money.



- Consider installing "anti-scald" devices on tub faucets and shower heads to prevent accidental scalds.
- Never place a child in the tub before you have checked the water temperature with a thermometer. It should not exceed 100 degrees Fahrenheit.

Keep 3 Giant Steps Away

Over half of children severely injured by scalds pull a hot liquid down from the stovetop. A two year-old can often reach the 36 inch height of the average stove.

(Drago, 2005)



- Never walk away from the stove when something is cooking!
- Keep pot handles turned toward the back of the stove.



- Cook on rear burners whenever possible.
- Keep coffee, tea, and soup, out of children's reach.

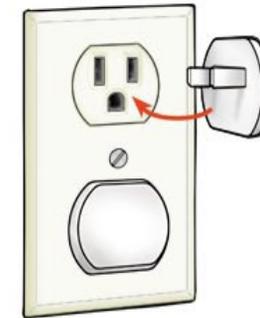
Every child can be safe from burns! You can protect your children by talking to them about fire and burn safety.

ELECTRICITY

Young children are often curious about electrical sockets. Help your kids stay safe from electrical burns and shocks by following these safety tips to



Don't Be Shocked!



Outlet plugs

- Cover all electrical outlets with plastic childproof safety caps!
- Do not use devices with broken or frayed cords.
- Keep electrical appliances away from water and dry your hands before using them.
- Make sure children come indoors whenever there is lightning! Avoid open spaces and tall trees. If swimming, do not remain in the water!