



Shriners Hospitals
for Children® — Cincinnati

News from Cincinnati

2019 Burn Awareness Week

National Burn Awareness Week takes place February 3-9.

The focus of this year's campaign is preventing burns from scalds. According to recent statistics, the overall number of major burn injuries are down however the proportion of those burns caused by scalds has steadily increased. They are the cause of over one-third of all burn related injuries.

Eighty five percent of scald injuries occur in the home. With children under the age of five, that number increases to 95 percent. Many of these burns occur from spilling or pulling down hot liquids from stoves or tabletops.

One common example is coffee— it takes less than two seconds of exposure to water at 148° to cause injuries serious enough to require surgery, yet most coffee is heated to 175°.

Another frequent area for scalds in children is the bathroom. Hot water heaters should be set at 120°F, or just below the medium setting.

HOUSEHOLD TIPS TO AVOID CHILDHOOD INJURIES DUE TO SCALDS:

- Make sure children have a safe, supervised play area out of the traffic path between the stove and the sink.
- Use placemats instead of tablecloths around small children, who may use the cloths to pull themselves up.
- Never hold hot liquids when holding a child, and never set them i reach of young children.
- Turn pot handles toward the back of a stove, and keep cords for electric hot pots and cookers out of reach.
- Always test bath water with your hand or elbow before immersing a child, and keep the temperature at 100°.
- If a burn does occur, remove clothing from the injured area, stop the burn process with cool (**NOT** cold) water, then cover the area with a clean, dry sheet or bandage and seek medical attention.

As always, we count on your help to spread the word about burn safety, and to make sure families know where their children can receive the finest specialty care.

**If you know a child who could benefit from our services,
share our information:**

www.shrinershospitalcincinnati.org

or call

855-206-2096

to make an appointment; no referral is needed.



#NBAW
**National Burn
Awareness Week**
FEBRUARY 3-9, 2019

#NBAW HOT TIPS

HOT TIP #1

Babies and older adults have thinner skin so they're at risk for deep burns at lower temperatures and short exposure times.



HOT TIP #2

Never carry hot liquids while holding or carrying a child. Get a lid for your coffee or tea to prevent scald burns.



HOT TIP #3

If you have to leave the bathroom while bathing a child, take them with you.



HOT TIP #5

Never place hot liquids on low coffee tables or end tables that a young child can reach.



Shriners Hospitals for Children® – Cincinnati is one of only four freestanding hospitals in the country dedicated to the treatment of pediatric burns and specializing in plastic and reconstructive surgery. Our physicians' experience and expertise in pediatric burn treatment, cleft lip and palate, complex wound and skin conditions, and plastic and reconstructive surgery makes Shriners Hospitals for Children – Cincinnati a first choice for care.