

# Safety Tip

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## Burn safety at home

We have many ordinary things in our home, from hot bath water to hot food to electrical outlets, can cause burns. To prevent burns, follow these burn safety tips:

- **Reduce water temperature.** Set the thermostat on your water heater, if using, to below 120 F (48.9 C). Always check the water temperature before your child gets in the tub. Aim for bath water around 100 F (38 C).
- **Avoid hot spills.** Don't cook, drink, or carry hot beverages or soup while holding a child. Keep hot foods and liquids away from table and counter edges. When you're using the stove, use back burners and turn the handles of your pots and pans toward the rear of the stove. Avoid leaving food cooking on the stove unattended.
- **Establish "no" zones.** Block access to the stove and fireplace, and make space heaters and water heaters inaccessible.
- **Unplug irons.** Store items designed to get hot, such as clothes irons unplugged and out of reach.
- **Check food temperature.** Food or liquids warmed in a microwave might heat unevenly.
- **Choose a cool-water humidifier or vaporizer.** If you use a hot-steam vaporizer, keep it out of reach from your child.
- **Address outlets and electrical cords.** Cover unused electrical outlets with safety caps. Inserting a fork, key, or other metal object into an outlet could result in an electrical burn. Keep electrical cords and wires out of the way so children don't chew on them. Replace damaged, brittle or frayed electrical cords.

### Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.