



Scald Prevention

Scalds (burns caused by hot liquids) are the **leading cause** of burn-related emergency visits for young children.

Young children are naturally curious and explore the world with their sense of touch. This curiosity may lead children to touch hot liquids and burn themselves, especially in areas such as the kitchen or bathroom. Burn-related injuries are one of the top ten leading causes of injury to young children, and scalds are the cause of 65% of burn-related hospitalizations for children aged 4 and under. Children have thinner skin than adults, so they burn more easily and receive more severe injuries that can lead to scarring and physical disabilities. It is therefore important to take safety precautions to prevent scalds, especially in the kitchen and bathroom.



KITCHEN SAFETY

- **Create a child-free zone in the kitchen.**
Teach youngest kids to stay at least 3 feet away from hot stoves and appliances.
- **Cook on the back burners and turn pot handles away from the edge.**
A majority of non-tap water scalds are related to hot cooking or drinking liquids.
- **Do not warm baby bottles in the microwave.**
The microwave heats liquids unevenly and could create pockets of hot milk.



BATHROOM SAFETY

- **Set water heaters to maximum temperature of 120°F.**
When your child is old enough, teach them to turn on the cold water before the hot.
- **Check bathwater temperature.**
Use your wrist or elbow to make sure the water is warm, not hot.
- **Consider installing anti-scald valves.**
These devices can be installed in faucets and showerheads to mix cold water in with hot water.



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