

October

BURNS and SCALDS CAN CAUSE SERIOUS Injuries AND RESULT IN LONG HOSPITAL STAYS.

Babies and young children are at an increased risk of scalds and burns because of the sensitivity of their skin and their curiosity about their environment.



Safety measures can be taken to help ensure a child does not suffer an injury due to a burn or scald.

- 1 Do not drink hot liquids, eat hot foods, or cook while breastfeeding or holding your baby.
- 2 Lower the temperature of your hot water heater to 49°C (120°F).
- 3 Keep all lighters and matches locked in a cupboard out of sight and reach of children. Never leave burning candles unattended by an adult.
- 4 Actively supervise your child at all times.
- 5 Cover all electrical outlets with child-resistant covers. Keep electrical cords for hot appliances such as toasters, kettles, curling or straightening irons, and slow cookers out of reach of children.
- 6 Use placemats instead of a table cloth to prevent children from pulling hot items onto themselves.
- 7 Use the back burners of your stove and turn the handles of pots and pans inwards so they cannot be reached.

saskatchewan
prevention institute
our goal is healthy children

www.skprevention.ca