

Electrical Burn Prevention

Electric current can cause injury in three main ways:

- Cardiac arrest due to the electrical effect on the heart.
- Muscle, nerve and tissue destruction from a current passing through the body.
- Thermal burns from contact with the electrical source.

Causes:

- Accidental contact with exposed parts of electrical appliances or wiring.
- Young children biting or chewing on electrical cords or poking metal objects into electrical outlets.

Tips to prevent electrical injuries:

- Cover unused outlets with safety plugs.
- Make sure cords are in good condition and not broken or frayed.
- Use the shortest extension cord possible. Less slack makes it harder for a child to grab.
- Place cords out of reach and out of sight preferably behind furniture or in a cord wrap raceway.
- Unplug appliances when not in use.
- If an appliance or lamp is not always plugged in, use a plug protector.
- When using power strips, place them behind furniture or use a power strip protector.



Additional Advice

Smoke Detectors Save Lives

Smoke is responsible for three out of four deaths involving fires.

- Install smoke detectors on every level of your home and outside of sleeping areas.
- Test every detector at least once a month. See your instruction book for the location of the test button.
- Keep smoke detectors free of dust.
- Replace the batteries with new ones at least once a year, or sooner if the detector makes a chirping sound.
- If you have a smoke detector directly wired into your electrical system, be sure that the little signal light is blinking periodically. This tells you that the alarm is active.
- Inexpensive smoke detectors are available for the hearing impaired.

Purchase Fire Extinguishers for Each Level of Your Home

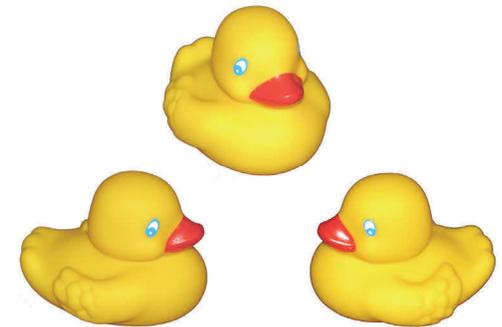
Have an Exit Plan for Your Family



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When Seconds Count

Burn Injury Prevention Tips

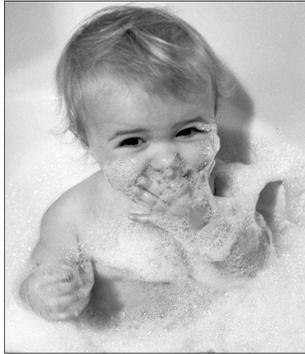


Floating Hospital
for Children
at Tufts Medical Center

800 Washington Street, #344
Boston, Massachusetts 02111
Phone: 617-636-6381
www.kpti.org

Prevent Scalding

Protect your baby in the bathtub.



- **Bath water** temperature 100 ° F.
- **Hot water** tank temperature 120 ° F.
- **Run cold water first**, this will prevent a scald burn if your child falls into the filling tub.
- **Face the child away** from the faucets. Keep him or her closer to the other end of the tub.
- **Always** keep faucet set on cold.
- **Test the water** with your hand and use the “Rubber Ducky” before placing the child in the tub.
- **Never leave** a child unattended in the bathtub.
- **Use extreme caution** if bathing a small child in the sink. Many sinks have single lever faucets which are easy for small children to turn on.

Important Information

Fire and burn injuries are the third leading cause of accidental death in children ages one to four.

Hot tap water scald burns cause more deaths and hospitalizations than any other hot liquid burns.

The majority of burn injuries occur in and around the home.

- Tap water scalds are 100% preventable.
- Tap water scalds are often more severe than cooking related scalds.
- Nationwide, tap water scalds result in more inpatient care, generally cover larger areas of the person’s body and end in more fatalities than other types of scalds.
- Scalds are the number one cause of burn injury to children under age 4.
- When hot tap water reaches 130 ° F, it can cause a serious burn in just 30 seconds. At 140 °F, only 5 seconds are required. These times may be less for children under age 5 and some adults over 65.

Sources: Center for Disease Control, WISQARS, Safe Kids USA, US Fire Administration, Drugs.com, New York State Department of Health, emedicine.medscape.com, The Burn Foundation, American Academy of Pediatrics

1. **Set hot water heater temperature to 120 ° F.**
2. **Gas water heaters can be adjusted easily.**
3. **Electric water heaters require disconnecting (shutting off) the electricity to the water heater and removing the cover plates to adjust the thermostat.**
4. **After the thermostat is turned down, check the temperature 24 hours later to make sure the temperature is low enough to be safe.**
5. **Install anti-scald devices to prevent surges.**



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t- 617-636-6381

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