

Fire and Burn Prevention Tip Sheet for Parents of Young Children

Fire and Burn Prevention Education is important in order to keep our children, families and ourselves safe in case of an emergency. According to the American Burn Association, the number one cause of burns for children under the age of 5 are scald burns, followed by contact with hot objects. **Adequate and constant supervision is the single most important factor in preventing burn injuries among children.**

Lucky the Dragon and Firefighter Dave want you to remember:



- ✓ **Practice how to dial 9-1-1 with your family.** If there is an emergency, call 9-1-1 for help. 9-1-1 is a tool. Your children should never call 9-1-1 as a game or prank.
- ✓ **High-Five a Firefighter.** Teach your children that firefighters are their friends. Tell your children to go to firefighters if they see them in your house during a fire. They are there to help.
- ✓ **Have Smoke Alarms** installed on every level of your home, inside each bedroom and outside each sleeping area. For the best protection, make sure the alarms are interconnected so when one sounds, they all sound.
- ✓ **Get Low and Go** if there is smoke in your house. If the smoke alarm is sounding, get down on the floor and crawl, keeping your head low.

Here are Cooking and Mealtime Safety Tips for Parents with Young Children:

- ✓ **Keep children 3 feet away from anything that can get hot**, including stovetops and space heaters. Do not carry or hold a child while cooking on the stove.
- ✓ **Cook on back burners and turn pot handles back**, away from the stove edge.
- ✓ During mealtime, **place hot items in the center of the table** at least 10 inches from the edge.
- ✓ **Use non-slip placemats** instead of tablecloths to prevent a child from pulling the tablecloth down along with hot foods and liquids.
- ✓ **Never drink or carry hot liquids while holding or carrying a child.** Avoid placing hot coffee mugs in stroller cup holders.



Here are additional Fire and Burn Safety Tips to remember:



- ✓ **Set your water heater's thermostat to 120 degrees Fahrenheit or lower.** Children under the age of 5 are at greatest risk for scald burns. Turning your water heater temperature down can help control the water from getting too hot.
- ✓ **Draw and Practice a home escape plan with your family.** An escape map shows at least two ways out of each room, in case one exit is blocked by fire or smoke. Designate a meeting place outside where your family can meet if there is an emergency. In your plan, be sure to determine who will help each child get out safely.

Here are additional Fire and Burn Safety Tips to remember (cont.):

- ✓ **STOP, DROP & ROLL**, if your clothes catch on fire.
- ✓ **Cool-a-Burn with cool water.** If you have to treat a minor burn, place the burn under cool water for 3-5 minutes. Do not use butter, ointments, ice or lotion on a burn.
- ✓ **Matches and Lighters are TOOLS not TOYS.** Keep tools like matches, lighters and candles out of reach of children, and stress the importance of the dangers of playing with matches and lighters.
- ✓ When bathing young children, **seat the child facing away from the faucets** and turn the faucet to the "COLD" position to prevent the child from turning on the hot water.
- ✓ **Unplug and safely store** irons, curling irons and other appliances that are hot to the touch.



It is important to reinforce these recommendations with babysitters, other family members and other care providers.

About the Alisa Ann Ruch Burn Foundation



At age eight, Alisa Ann Ruch was fatally injured in a backyard barbecue accident in Southern California. Bravely using their tragedy as a catalyst for change, Alisa Ann's parents, local firefighters and medical professionals joined together and created AARBF in 1971 with the goal of preventing burn injuries by teaching "Stop, Drop, and Roll." The Alisa Ann Ruch Burn Foundation (AARBF) is a California-based nonprofit organization dedicated to significantly reducing the number of burn injuries through prevention education, and enhancing the quality of life of those affected by burn injuries, in California.

For more Fire and Burn Safety Tips visit: www.aarbf.org

Additional Resources:

- American Burn Association's *Scald Injury Prevention Educator's Guide*: <http://ameriburn.org/wp-content/uploads/2017/04/scaldinjuryeducatorsguide.pdf>
- U.S. Fire Administration "Fire Safety Checklist for Caregivers of Babies and Toddlers": https://www.usfa.fema.gov/downloads/fief/up_in_smoke_caregivers_checklist.pdf
- Safe Kids Worldwide "Fire Safety Tips": <https://www.safekids.org/tip/fire-safety-tips>
- Safe Kids Worldwide "Burns and Scalds Prevention Tips": <https://www.safekids.org/tip/burns-and-scalds-prevention-tips>
- Centers for Disease Control and Prevention Burn Prevention: <https://www.cdc.gov/safekids/burns/index.html>
- Burn Prevention Network "Home Safe Home Checklist": https://www.burnprevention.org/wp-content/uploads/2019/01/Home_Safety_Checklist.pdf

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