



PREVENTING BURNS



BURN INJURIES IN THE HOME CAN BE PREVENTED.

COOKING

- Keep children and pets away from cooking food. Enforce a “**kid-free zone**” around your stove. Turn pot handles inward. Never leave them sticking out where they could be bumped or grabbed by a small child.
- Wear clothes with tight-fitting sleeves, or roll your sleeves up, when cooking or reduce the risk of your clothing catching fire.
- Don't leave spoons or other utensils in pots while cooking.
- Turn burners and ovens off when they're not in use.
- Keep plenty of sturdy oven mitts or potholders near your cooking area. Using a wet potholder can result in a severe steam burn.
- Do not toss wet foods into deep-fat fryers or frying pans containing hot grease or oil. The violent reaction between the fat and water will splatter hot oil.
- Remove the lids from pots of cooking liquids carefully to prevent steam burns. Remember, steam is hotter than boiling water.
- In microwave ovens, use only containers designed for microwave use. Let microwave-cooked foods or liquids cool before carefully removing their covers.
- If you check on microwave foods during their cooking cycle, remember that the oven may be cool, but the containers and food are very hot.
- If a pan of food catches fire, carefully slide a lid over the pan and turn off the burner. Leave the lid on until the pan has cooled completely. It is dangerous to attempt to carry a burning pan to the sink, and the pressure from a portable fire extinguisher could splatter the pan's burning contents and spread the fire.

A MATTER OF DEGREES

Burns are classified by the amount of damage done to the skin and other body tissue. Be able to identify the severity of burns and know how to treat them.

First Degree Burns – are minor and heal quickly.

Symptoms: reddened skin; tender and sore.

Second Degree Burns – are serious injuries and require immediate first-aid and professional medical treatment.

Symptoms: blistered skin; very painful.

Third Degree Burns – are severe injuries and require immediate professional medical treatment.

Symptoms: white, brown, or charred tissue, often surrounded by blistered areas; little or no pain at first.

FIRST AID FOR BURNS

Cool the burn; for first and second-degree burns, cool the burned area – preferably with cool running water for 10 to 15 minutes. This lowers the victim's skin temperature; which stops the burning process, numbs the pain, and prevents or reduce swelling. Third degree burns require immediate medical attention. Cool them only with wet sterile dressings until help arrives.

Remove burned clothing. Lay the victim flat on his or her back and remove burned clothing that isn't stuck to the victim's skin. Remove jewelry and tight clothing from around the burned area before swelling sets in. Elevate burned areas.

Cover the burn. After cooling a first-degree or second-degree burn, apply a clean, dry dressing to the burned area.

Don't break blisters. Germs can enter through the open wound.







Treat for shock. Keep the victim's body-temperature normal to reduce the risk of shock. Cover unburned areas with a dry blanket.

STOP, DROP and ROLL

If your clothes catch fire, don't run. Stop where you are, drop to the ground, cover your face with your hands, and roll over and over to smother the flames. Cool the burn with water and call for help.

UNDERSTANDING BURNS

There are seven common types of burns:

- **Flame burns**, caused by  direct contact with fire.
- **Radiation burns**, caused  by close exposure to fire or high heat.
- **Scalds**, caused by hot  liquids or steam.
- **Contact burns**, caused by  contact with corrosive chemicals, such as battery acid.
- **Electrical burns**, caused by  contact with live electrical wires.
- **Ultraviolet burns**, caused  by overexposure to the sun or to sun lamps.