



## **Burn Prevention Checklist for Adults**

*Burns and fire-related injuries are preventable. Follow these tips to keep you and your loved ones safe at home.*

- Working smoke alarms save lives and should be installed and maintained in every home. Smoke alarms detect fires early, alert residents to escape, and cut the risk of dying in a home fire by half. Install smoke alarms in every sleeping room, outside each separate sleeping area, and on every level of the home, including the basement. Interconnected smoke alarms on all floors increase safety.
- It is recommended that you test smoke alarms at least once a month using the test button. Replace smoke alarms when they are 10 years old (based upon the date of manufacture) or sooner if they do not respond properly to testing.
- When a smoke alarm sounds, get out fast. You may have only seconds to escape safely.
- Create and practice a home escape plan with everyone in your household, including visitors. Make sure everyone knows at least 2 (two) ways out of every room and can identify an outside meeting place. Ensure your escape plan includes helping children, older adults, and people with disabilities that may need assistance to wake up to a smoke alarm and/or escape.
- Set your water heater at 120 degrees F (48 degrees C), or just below the medium setting. Consider installing “anti-scald” devices on tubs faucets and shower heads. Especially where there are children, older adults, or people with medical conditions as they may be at a higher risk for injury (e.g., seizure disorders, diabetes, diminished sensation in legs/feet/fingers)
- Cooking is the #1 cause of home fires and burn injuries; caused most often by leaving it unattended. If you leave the kitchen for even a short period of time, turn off the stove.
- Use oven mitts when cooking or handling hot foods and drinks.

- If a pan of food catches fire, it is recommended that you slide a lid over it and turn off the burner. When in doubt, get outside and call the fire department.
- Stir and test foods cooked in the microwave before serving. Open lids away from your face, to prevent burns from escaping hot steam.
- Smoking is the #1 cause of home fire deaths. Always smoke outside. Never smoke while lying down, when drowsy, or while under the influence of alcohol or medications that can make you sleepy. Give smokers deep, sturdy ashtrays and ask them to wet cigarette butts and ashes before throwing them out.
- Check electrical cords often and replace any that are cracked, damaged or feel hot to the touch. Do not overload outlets. Extension cords are for temporary use only.
- All heaters need space: Keep things that can burn (paper, bedding, furniture) it is recommended that you keep at least 3 feet away.
- Closely supervise burning candles, keep them out of reach of children and pets who may knock them over, never leave candles burning while sleeping. Use sturdy, safe candleholders.
- There is only one safe and acceptable use of gasoline: fueling an engine. Never store flammable liquids (gasoline, propane, cleaners, paint solvents) near fire sources such as a furnace or pilot light. Use approved cans and store in well ventilated areas.
- When in the sun, wear sunscreen, sunglasses with UV protection, a hat, long sleeves, and pants or a long skirt when possible to help prevent sunburns.
- Wear rubber gloves when using chemicals or cleaners. Store in locked cabinets and in original containers and avoid mixing them.

**Orange County Burn Center is located at Orange County Global Medical  
Center**

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