



Special Tips for Homes with Children

Children are at higher risk for burn injuries due to their immature motor and cognitive skills and dependence on adults for supervision and safety.

- When cooking use back burners it is recommended you turn pot handles toward the back of the stove so children cannot pull them down. Keep children away from the stove when cooking by using a safety gate for younger children and marking with tape a 3-foot “no-kid zone” (in front of the stove) for older children.
- Keep hot drinks and food away from table and counter edges. Avoid using tablecloths and placemats.
- Use a travel mug with a tight-fitting lid for all hot drinks.
- Never hold an infant or child while cooking, drinking a hot liquid, or carrying hot items.
- Keep children away from electric cords and outlets to prevent shock, burns or electrocution. It is recommended that you use (clear) plastic covers for all outlets.
- When using appliances that get hot (such as an iron, curlers, crockpot, coffee pot), make sure the device and cord are placed out of the reach of children.
- Teach children that matches and lighters are tools for adults only. Keep matches and lighters high out of the reach and sight of children, in a locked cabinet.
- Closely supervise older children when using microwaves, or have them prepare non-hot food. Many burn injuries occur from children pulling hot foods and soups out of microwaves.
- It is recommended you teach children to **stop, drop, and roll** if their clothes catch fire.
- Test the water before placing a child in the tub. Fill the tub or sink by running cool water first and then adding hot water. Seat the child facing away from the faucets.

- Glass doors on gas fireplaces (GFGF) can remain hot enough to cause deep burn injuries up to 1 hour of being shut-off. Fit GFGF with protective barriers, it is recommended that you maintain a 3-foot no-kid zone, and keep wall switches and remote controls out of the reach of children.
- Leave fireworks shows to the pros! Do not allow children to play with fireworks. Sparklers, often erroneously considered “safe,” burn at about 1,800°F or 8.5 times hotter than boiling water!
- Keep babies out of direct sun exposure until they are at least 6 months old. For older children, apply sunscreen 30 minutes before they go outside and reapply it every two hours—more often if they go swimming or are sweating.

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

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