



Jackson County Department of Public Health

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SAFE KIDS JACKSON COUNTY PROVIDES TIPS TO KEEP KIDS SAFE FROM BURNS & SCALDS

The smell of cookies baking in the oven or tasty sauces simmering on the stovetop can be hard for young ones to resist. Sadly, however, many kids are suffering from burns and scalds that could have been prevented. During National Burn Awareness Week (February 2-8), Safe Kids Jackson County wants to remind parents about a few simple tips to help avoid harmful burns and scalds.

National Burn Awareness Week is an annual observance the first full week in February led by the American Burn Association. In 2013, more than 126,000 children were seen in emergency rooms for fire and burn injuries.

“Among young children, scalds from hot liquids or steam are the most common types of burn-related injuries,” said Safe Kids Coordinator Anna Lippard. “During National Burn Awareness Week, we want to remind all parents to take simple precautions such as adjusting your water heater or using the back burners on your kitchen stove whenever possible.”

Safe Kids Jackson County recommends the following four tips to prevent scalds:

1. Adjust your water heater. With everything going on, we know the water heater is the last thing on your mind. But a small adjustment can give you one less thing to worry about. To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or the manufacturer’s recommended setting.
2. Don’t carry or hold a child while cooking. Instead, move a high chair in the kitchen within reach or sight before you start. Then talk to your children so they know what’s going on. It’s a great way to spend time together.
3. Use the back burners. Kids love to reach, so to prevent hot food or liquid spills in the kitchen, simply use the back burner of your stove and turn pot handles away from the stove edge. Keep hot foods away from the edge of your counters.
4. Place matches, gasoline, and lighters in a safe place, out of children’s reach. Avoid novelty lighters or lighters that look like toys.

If you would like more information about safety topics, contact Anna Lippard at 828-587-8225 or visit www.safekids.org.

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