



# Burn Awareness Safety

## Tips to Avoid Getting Burned

- Don't wear loose clothing near fire
- Lock up dangerous items such as gasoline, lighters, matches
- Keep hot liquids out of reach of children
- Turn down water heater to less than 120 degrees
- Keep children away from stoves, outdoor grills, campfires, and fireplaces
- Don't hold a baby and a hot drink
- Don't let appliance cords dangle where children can reach them
- Always turn off an iron when it's unattended
- Turn pot handles toward back of stove
- Never use gasoline to start a fire; use starter fluid with care
- Never smoke in bed

## Types of Burns

- First degree: top layer of skin (epidermis) is damaged and red; you may feel pain or pressure
- Second degree: second layer of skin (dermis) and epidermis are damaged and may blister
- Third degree: dermis, epidermis, and nerve endings are destroyed; muscle, fat, and bone may also be destroyed; skin is discolored and leathery in texture

## First Aid for Burns

- Remove victim from area of danger
- Stop, drop, and roll
- Call 911 immediately
- Never put grease, butter, or ointment on a burn
- Don't remove clothing from a burn
- Cool burn area with cool water
- Continuously flush a chemical burn
- Cover burn with clean sheet or towel