

## Burn Injuries, Virginia 2001-2005

- There were 13 deaths from hot objects or substances from 2001-2005.
- 1,578 burn related hospitalizations occurred from 2001-2005.
- Burn hospitalization rates for children 0-4 were 5 times higher than all other ages combined.
- Scalds (caused by hot liquids or vapors) are the most common type of burn related injury among children (Safe Kids USA).

## Burn Prevention Tips

- Set your water heater thermostat to 120 degrees Fahrenheit or below. Consider installing water faucets and shower heads containing anti-scald technology.
- Use back burners and turn pot handles to the back of the stove when cooking.
- All appliance cords need to be kept coiled, away from counter edges, and out of the reach of children.
- When using the microwave, be careful of steam escaping from containers.
- Keep hot foods and liquids away from table and counter edges.
- Never leave young children alone, especially in the bathroom or kitchen.
- Never carry or hold children and hot foods or liquids at the same time.
- When giving a child a bath, run cold water into the tub first, then add hot water.
- If you use a wheelchair: When moving hot liquids, place a large, sturdy tray with a solid lip in your lap to decrease the risk of lap burns.
- Consider alternate cooking equipment (slow cookers, toaster ovens or microwaves) placed on lower counters or tables if the stove or oven is too high to reach safely.
- Consider the weight of pots and pans. Attempt to move only those items that you can easily handle.
- Place a rubber mat in front of your stove to prevent slipping and falling against the stove.
- Use of heat protection devices geared toward protecting those with disabilities such as; microwave dish holders, hot hand protectors and stove monitors.
- Cover unused electrical outlets with safety devices.
- Look for and repair outlets that do not work, light switches that are hot to the touch, and lights that flicker.

## Virginia Burn Case

A 4 year old boy was preparing a cup of instant soup in the microwave. When trying to remove the soup from the microwave, he found it too hot to handle and dropped it. The contents spilled over his face, neck, chest and right arm. The boiling liquid instantly produced second and third degree burns. The child was admitted to the burn unit for pain control and initial burn wound care. His ongoing therapy will include further wound management and psychological counseling.

## Resources:

Safe Kids USA  
[www.usa.safekids.org](http://www.usa.safekids.org)

Children's Burn Foundation  
[www.childburn.org](http://www.childburn.org)

American Burn Association  
[www.ameriburn.org](http://www.ameriburn.org)

National Fire Protection Association  
[www.nfpa.org](http://www.nfpa.org)

Division of Injury and  
Violence Prevention  
Virginia Department of Health  
[www.vahealth.org/civp](http://www.vahealth.org/civp)  
1-800-732-8333