

Preventing scald injuries in kids

Put A Lid On It!

Sixty-one percent of scald injuries from hot liquids in the U.S happen to children under age five.

A serious burn can happen in as little as one second at 155 degrees Fahrenheit. The average coffee or tea is dispensed at 175 degrees Fahrenheit.

Children are more likely to be hospitalized for severe burn injuries with thinner skin and slower reaction times.

Ninety-five percent of scald injuries in young children occur at home.



What can we do?

- Put a lid on it! – Use mugs and cups with tight fitting lids for hot beverages.
- Set it down – put hot beverages down before picking up children.
- Push it back – Keep hot beverages, coffee makers and tea pots away from reach.
- Create kid-free zones – Keep kids three feet away from all hot liquids.

What to do if a burn occurs:

1. Get the person away from the heat source and remove all clothing and diapers.
2. Cool the burn by running lukewarm to cool tap water over the burn for no more than five minutes. Never use ice.
3. Cover the burn with a clean dry sheet or towel.
4. Seek medical attention when a burn is larger than the size of your hand or is on the face, hands, feet or genitals.



*Data from The American Burn Association

The Oregon Burn Center

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