



American Trauma Society, Pennsylvania Division
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PRESS ADVISORY

For Immediate Release
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January 31, 2020

National Burn Awareness Week: February 2-9, 2020

Mechanicsburg, Pa. – The first week of February is National Burn Awareness Week, Feb. 2-9. Hosted by the American Burn Association (ABA), this observance places an emphasis on different mechanisms of burns. The 2020 theme is “contact burns.”

A contact burn occurs when a part of the body touches or is near something hot enough to burn. A burn is damage to your skin caused by a temperature as low as 109.4 degrees Fahrenheit for a long period of time. A high temperature, more than 176 degrees Fahrenheit, can cause more severe burns in a very short period.

According to the National Electronic Injury Surveillance System (NEISS), roughly 70,000 people went to the hospital emergency department because of contact burns in 2018. About one-third of these patients were children under the age of five.

According to the ABA, those most at risk for contact burns are children, older adults and people with disabilities. One study has shown that children who live in crowded housing and in families with low socioeconomic status are at higher risk for scald burns. It takes 5 minutes for water at 120 degrees F to cause a third-degree burn.

Below are a few mechanisms of burn and suggestions on how to make your home burn-free.

Scald Burns

- Use the anti-scald technology on water heaters to set the maximum temperature to 120 degrees Fahrenheit.
- Test the temperature of bath water and bottles on the inside of your wrist.
- When pouring out hot water, remember to pour so that the liquid and steam are facing away from your body.
- Use caution when opening containers that have been in the microwave. Young children should be supervised when using the microwave.

Stovetop Burns

- Have potholders available whenever cooking.
- Never hold young children while cooking.
- Use the back burners of the stove and point handles to pots and pans away from the edge of the stove. Young children and pets are curious and may use the edge of the stove or the handle of cookware to get closer to the stove.
- Talk with children about what is hot and why not to touch it.



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Other Contact Burns

- Turn off heated blankets and heating pads before going to sleep.
- Keep candles away from anything that can burn and remember to blow them out before leaving the room or going to sleep.
- Unplug and safely store irons, flat irons and other appliances.

For more information on National Burn Awareness Week, please visit www.ameriburn.org. For more information on the programs offered by ATSPA, visit www.atspa.org or call (717)766-1616.

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The American Trauma Society, Pennsylvania Division (ATSPA) is a non-profit trauma prevention education organization dedicated to reducing suffering, disability and death due to trauma. The ATSPA strives to help all Pennsylvanians survive and lead healthier lives through its trauma prevention education programs.