

# Burn Prevention Where You Live, Work, and Play

Burn injuries can happen in an instant but leave a lasting impact. National Burn Awareness Week, observed during the first full week of February, is a crucial opportunity to highlight the dangers of burns and share preventive measures. The theme for 2025, "Burn Prevention Where You Live, Work, and Play – Preventing Burns in the Home," focuses on the importance of safeguarding our most familiar environments. Since the home is where most burn injuries occur, it's vital to understand how to identify risks and take proactive steps to prevent them.

## Understanding the Risks

**Burns in the home can result from various sources, including:**

- **Heat:** Scalds from hot liquids or steam, contact with hot surfaces, and flames
- **Electrical:** Faulty wiring, overloaded outlets, and improper use of electrical appliances
- **Chemical:** Improper storage or handling of household chemicals

Each of these risks can be mitigated with awareness and the implementation of safety measures.

## Preventing Burns in the Kitchen

The kitchen is the leading area for burn injuries at home.

**Follow these tips to stay safe:**

- **Supervise Cooking:** Never leave cooking food unattended on the stove. Use the back burners and turn pot handles inward to prevent spills.
- **Test Temperatures:** Always check the temperature of food and drinks before serving, especially to children.
- **Keep Flammables Away:** Store items like dish towels, paper towels, and oven mitts away from heat sources.

## Protecting Young Children

Children are particularly vulnerable to burn injuries. **Consider these precautions:**

- **Use Safety Gates:** Install gates to keep young children out of the kitchen while cooking.
- **Set Water Heater Temperature:** Reduce the risk of scalds by setting your water heater to a maximum of 120°F (48°C).
- **Keep Matches and Lighters Out of Reach:** Store these items in locked cabinets.

## Fire Safety Measures

Fire prevention is a critical component of burn safety in the home. **Here are some key steps:**

- **Install Smoke Alarms:** Place smoke alarms in every sleeping area and on every level of your home. Test them monthly and replace batteries as needed.

- **Have an Escape Plan:** Develop and practice a fire escape plan with your family. Ensure that everyone knows two ways out of every room.
- **Use Caution with Space Heaters:** Keep space heaters at least three feet away from anything flammable and never leave them unattended.

### **First Aid for Burns**

Despite all precautions, burns can happen. **Knowing how to respond to a burn injury is crucial:**

- **Cool the Burn:** Run cool (not cold) water over the burn for 10-15 minutes. *Do not apply ice.*
- **Cover the Area:** Use a clean, non-stick bandage to protect the burn.
- **Seek Medical Attention:** For severe burns, or if the burn covers a large area, seek professional medical care immediately.

### **Spread Awareness**

National Burn Awareness Week is an opportunity to educate and empower your community. Share these tips with family, friends, and coworkers to help create safer environments for everyone. Small changes, like testing smoke alarms or adjusting water heater settings, can significantly reduce the risk of burn injuries.

Let's work together to make homes safer and ensure that burn prevention remains a top priority. For more information and resources, visit the [American Burn Association](#).