



Burn Awareness Safety

Keep your children and yourself safe from avoidable burns

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



ALWAYS apply sun-screen before your children go outside — even if the weather is cool and/or cloudy.

- ✿ **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

- ✿ Stop, drop and roll if on fire
- ✿ Remove victim from area of danger
- ✿ Call 9-1-1 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 with cool water
- ✿ Cover burn with clean sheet or towel

Tips to avoid getting burned

- ✿ Don't wear loose clothing near fire
- ✿ Lock up dangerous items such as gasoline, lighters and 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 unattended iron
- ✿ Turn pot handles toward back of stove
- ✿ Never use gasoline to start a fire — use starter fluid with care



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Injury Prevention

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