

Burn Wise!

Burn Prevention Techniques

*During the Jewish Holidays and
Throughout the Year*

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Did you know the majority of burns can be prevented. Being “**burn wise**” is the best way to avoid serious burns and scalds. Never underestimate how serious scald and burn injuries can be, **especially to children**. Children under the age of five and adults over 65 years of age are at the highest risk for burns and scalds. Scalds are the number one cause of burns to children under the the age of four. **A doctor should see ANY scald or burn to a young child as soon as possible!**

If you are unsure about what to do, contact:

The Burn Center at Saint Barnabas Medical Center

973-322-5210

Due to the use of candles for Shabbat and the holidays and the reliance by some families on cooking and warming devices, there is an increased risk for families, and particularly children, of suffering burn and scald injuries.

Here are some ways you can become burn wise:



Shabbat and Holiday Candles

Remind your children OFTEN...lit candles are only for looking at. They should NEVER be touched!

- Keep Shabbat, Yom Tov (Holiday), and Yahrzeit (Memory) candles out of the reach of small children.
- Always place candlesticks on a metal tray in the middle of the table to avoid a table or tablecloth catching fire should the candles fall.
- Never place candles near or under anything flammable, under kitchen cabinets, near window curtains, or where a child or pet can knock the candles over.
- When lighting and blessing candles, tie back long hair and make sure loose clothing and sleeves are not near the fire when placing your hands over the flames.
- All children have a natural curiosity about fire so it is important to teach them about matches, lighters and fire safety. Forbid children to strike a match without adult supervision.
- When lighting multiple Shabbat candles, be extra careful because they generate more heat.
- When lighting and holding Havdalah candles, it is important to protect your hands from dripping wax. Also make sure the candle flame is completely extinguished.

Sukkot

Decorating and eating in a Sukkah (a temporary dwelling), is a very special time for family and friends. However there are some very important safety tips that you should always follow to keep your family and friends safe:



- Extension cords, when used outdoors, should be new and designed specifically for outdoor usage. Do not overload the wall circuit or the extension cord. Tape the extension cord down so that no one trips over the cord.
- Be extremely careful when bringing hot food and beverages into and out of the Sukkah. It is easy to trip and get scalded.
- Heaters should always be used with extreme caution because they are easily tipped over and can start a fire.
- Candles in the Sukkah should never be left unattended. A gentle wind, animals or small children can easily knock them over.
- Electric lights make a Sukkah look pretty but be careful not to place high wattage lights next to dried or natural branches or ornaments or anything else flammable.



Chanukah

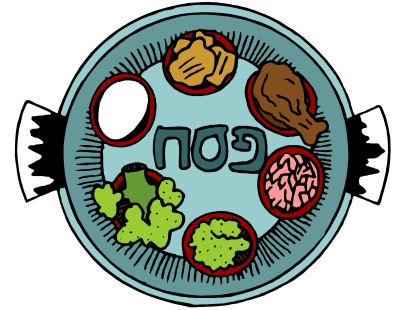
Children are always eager to participate in the lighting of the Chanukah Menorah but should do so only with adult supervision.

- Ask the teacher if a classroom project is meant to be used or if it is just for decoration.
- Be sure the Chanukah Menorah is sturdy and non-flammable.
- Make sure all the candles are secure in their holders before lighting.
- Tradition says to display the Chanukah Menorah in the window. When doing so it is safer to use an electric Menorah but if you are using a Menorah with candles, make sure it is away from the curtains or other flammable objects.
- If the Chanukah Menorah is placed on a table make sure it is in the center and can not be pulled down.
- Do not play with a dreidel near the candles, it can knock them over and start a fire.
- When making latkes (potato pancakes) or donuts, keep ALL children away from the hot oil...they can help with preparation but should NEVER be involved in cooking. Even a small spatter of oil can severely burn a child.
- Make sure all pot handles are turned away from the edge of the stove so that they do not get knocked over and cause the oil to be spilled.

- Always cover a frying pan with a frying screen to prevent burns from grease spatters.
- If there is a grease fire with a minimal flame, smother the flame by covering the frying pan with a lid; if the flame gets bigger, throw baking soda on it, evacuate and call for help.

Passover

The time leading up to Passover presents many opportunities for potential burn and scald accidents. Adults as well as children need to take extra precautions.



- Although children might want to help with cleaning the kitchen, they should never be allowed near the stove and boiling water.
- While doing Bedikat Chametz (searching for leavened foods), keep the candle away from all flammable objects, especially curtains, sofas and tablecloths.
- Consider using a flashlight instead of a candle with very young children.
- Keep an extra close eye on children when burning the Chametz. If possible, set up a buddy system where an older child is placed with a younger child.
- With all the activity and extra cooking taking place, create a NO CHILD ZONE around the stove.

Teaching a Child How to Use Matches

All children are curious about fire. Teach them how to safely light a match or lighter. Reinforce **REPEATEDLY** that matches are tools and are not toys. **Only strike a match with an adult present.**

- Teach them how to properly strike a match:
- Open the matchbook, take out ONE match.
- Close the matchbook
- Hold the match firmly; strike it **AWAY** from the body.
- Hold the match upright for approximately two to three seconds.
- Blow out the match and wait until it is cool to the touch to dispose of it.
- **REMINDE THE CHILD NEVER TO DO THIS WITHOUT AN ADULT.**

General Safety Tips

While some of these tips may seem like common sense, reviewing them could prevent a serious injury to a loved one.

KITCHEN

Create a safety zone in front of the stove and away from heating plates and containers filled with hot water. Forbid children to get closer to the stove or the hot water than the safety zone. Refer to the forbidden area as the **NO CHILD ZONE**. If necessary, mark the floor with tape. Teach older children to supervise younger children in the kitchen. Have them keep the small children out of the **NO CHILD ZONE**.

The kitchen is a busy work place. Children should not be allowed to play in the kitchen. It takes only an instant to trip over a small child or for a child to have an accident!

Stove:

- It takes only a second for a child to pull down a pot of soup or hot water onto himself...always have pot handles turned inward!
- When cooking with only two burners, always use the back burners.
- Never use the stove when wearing loose fitting clothing.
- Always use a pot holder to remove hot pots and pans.
- Never keep potholders over the stove where they can catch fire.
- Never store salt, pepper, or spices above the stove where someone must reach across a flame for them.
- Never store snacks or treats near the stove where children might come close to a burner.
- **Always keep a 10 lbs. ABC fire extinguisher near the kitchen, away from the stove.**

Microwave Ovens:

- When you remove the cover of a container that has been heated in a microwave oven...be careful of the steam!
- Some containers heated in a microwave stay cool when the food inside might actually be scalding hot. Foods also heat unevenly and have hot spots. Always shake or stir the contents before testing the temperature.
- **Baby bottles should never be heated in a microwave** (especially bottles with plastic liners) because of potentially uneven temperatures. If you must use a microwave to heat a bottle always shake the bottle before testing the temperature and giving the bottle to the baby.

Appliances:

- Never leave appliance cords hanging over table or counter edges or within sight of a child. For example, a child can pull a coffee pot down on himself.
- Never leave heat-producing appliances, such as a toaster oven, plugged in. If accidentally turned on it can start a fire.

Table Cloths:

- With small children around, use placemats instead of table cloths.
- Place all hot foods and candles approximately one foot from the edge of the table.
- Curious toddlers can pull candles, hot soup or coffee down on themselves by pulling on a tablecloth to steady themselves. The results can be devastating!

Cabinets:

- Put a child lock on all cabinets that are used to store medications or chemicals such as cleaning agents. **Chemicals can cause severe burns!**

HOT WATER / HOT LIQUIDS

- Hot water can cause very serious burns. If you fill a tub with hot water, never leave it unattended.
- If you bathe infants and small children in the sinks, have everything you need before they get in the water. **START by filling the sink with COLD water and ADD the HOT water.** Always test the water with your hand.
- Never leave a child unattended in the tub or sink, even for an instant. A child could turn on the hot water and receive a life-threatening scald in the time it takes to get a towel or answer the phone.
- Consider installing “anti-scald” devices on tub faucets and showerheads.
- Lower water heater temperatures to 120 -130 degrees.
- **NEVER HOLD HOT LIQUIDS WHILE HOLDING AN N INFANT OR CHILD!** Children make very quick movements...your hot cup of tea or coffee could cause a serious scald and burn injury on a child’s skin.
- **NEVER PLACE HOT LIQUIDS IN THE CUP HOLDERS ON STROLLERS.** Hot liquid could fall on the child if the stroller hits a bump or tips over.

LIVING ROOM

- Do not run wires under a rug. Walking on the rug will eventually fray the wires and possibly cause the rug to catch fire.
- Replace frayed wires immediately.
- Do not add attachments to outlets to increase the number of plugs. They are potentially hazardous.

- Cover live outlets with child safety covers to prevent children from putting their fingers or objects into the openings.
- Cover fireplaces with a protective screen and never allow a child in a room with a lit fire without adult supervision.
- Keep combustible items (sofa, rugs, and newspapers) at least three feet from a fireplace.

BEDROOM

- If you use a space heater, use only a safety approved model and never leave children or pets unattended in a room with a space heater.
- Never place a space heater on a rug or near curtains or other flammable materials.
- Never drape clothing over a lamp.
- Always use bulbs of appropriate wattage.

SMOKE DETECTORS

- Install smoke detectors on every level of your home.
- Make sure people in the bedrooms can hear and recognize the sound of the detector, even with the doors closed.
- Check smoke detector batteries once a month.
- Change batteries when you change your clocks for Eastern Standard and Daylight Savings time.

FIRST AID – WHAT TO DO

Four Basic Steps:

Always follow these four basic steps for any kind of burn injury:

1. Remove clothing from the affected area. DO NOT attempt to remove clothing that sticks.
2. Flush the burned area with cool water. Cold Water is not necessary.
3. Cover with sterile pad or a clean sheet.
4. Seek immediate medical care!

If You Catch on Fire:

DON'T PANIC. DON'T RUN – RUNNING INCREASES THE FLAMES!

Instead:

1. Stop.
2. Drop to the ground.

3. Roll. Continue to roll until you have put out the fire.
4. Follow the four basic steps above.

For Chemical Burns:

1. Follow the four basic steps and be sure to flush with cool water for 20-30 minutes.
2. If the eyes are involved, flush them for at least 20 minutes or until medical attention arrives.
3. Remove contact lenses.

For Electrical Burns:

1. Turn off electrical source before touching the victim.
2. Check the victim for breathing and pulse. If absent, Start CPR (if qualified).
3. Follow the four basic steps.

HOME FIRE ESCAPE PLAN:

- Develop a family escape plan that includes two exits from each room.
- Plan a meeting place outside the home.
- PRACTICE THE PLAN.

Teach your children to get out of the house –NOT to hide. Play pretend fire drill. Walk through what you would do if there is a fire; how to escape the room, call the fire department and give them the address. Practice the drill several times initially and then monthly.

Plan of Escape:

EVACUATE! DO NOT ATTEMPT TO FIGHT THE FIRE!

- If you are in bed, roll off onto the floor.
- Stay low! Crawl if necessary. Smoke rises and oxygen will remain near the floor.
- Cover your mouth and nose with cloth or other material to aid in breathing.
- Place your hands on any closed door before opening it. If it is hot, do not open! Find another exit. If it is not hot, open it slowly, standing to the side.
- DO NOT USE ELEVATORS.

If You are Trapped in a Room:

- Roll up a rug or other material and place it across the bottom of the door.
- Open a window, both top and bottom to allow air to enter and smoke to escape. Close the window if smoke from the fire comes into the room.
- Telephone for help.
- Attract attention and call for help. Hang something out the window for the firemen to see.