



# 4-Safety



Presents

## HOME FIRE AND BURN SAFETY

### SCALDBURNS

are the leading cause of burn-related hospitalizations in young children

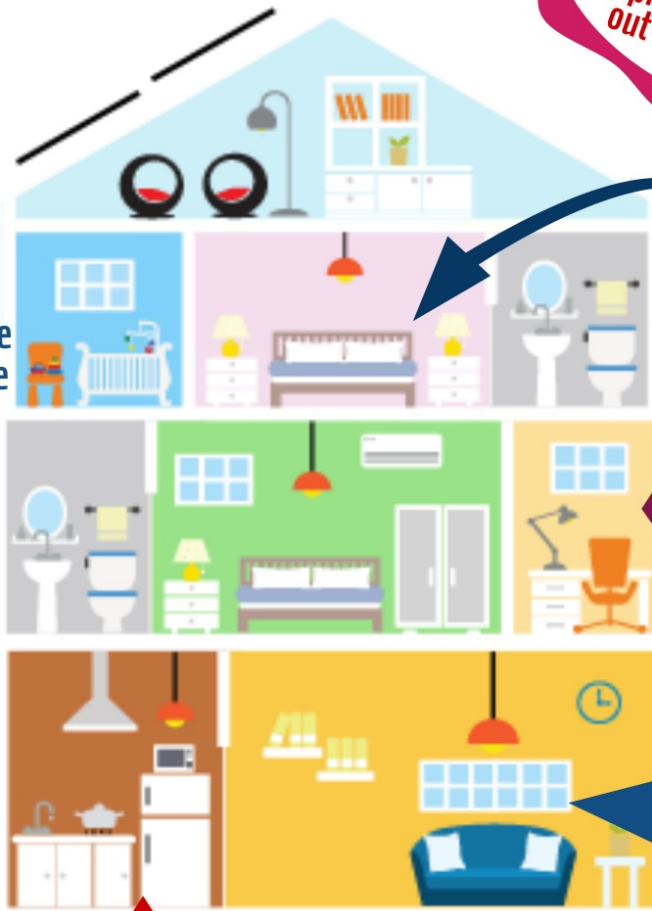


Prevent scalds in the BATHROOM by Setting your water heater to

**120°F** and always test the water temperature before bathing your child



Prevent scalds in the KITCHEN by turning pot handles towards the back of the stove and keeping hot food and liquids out of reach of children



**1/3** of home CANDLEFIRES START IN A BEDROOM

Extinguish candles before leaving the room or falling asleep or use battery operated candles for a safer alternative

**COOKING** CAUSES THE MOST HOME FIRES AND HOME FIRE INJURIES

Keep a **3 FOOT KID FREE ZONE** around all hot objects including stoves, space heaters, fireplaces, candles and more

For more information on how you can keep your family safe visit

[www.4-Safety.org](http://www.4-Safety.org)

or TEXT '4SAFETY' to 22828



# Home Fire and Burn Safety Tips

[www.4-safety.org](http://www.4-safety.org)

## Careful Cooking

### DID YOU KNOW?

### COOKING

is the primary cause of residential fires

Cooking fires caused  
**400 DEATHS**  
annually from  
2007-2011

## Tips to Prevent a Kitchen Fire



### Stay near your pan

Don't leave the kitchen while cooking. Be sure to turn off all hot appliances before leaving the room



### Pay attention while you cook

Watch for smoke and keep the heat down to prevent grease from bubbling or a pan from catching fire



### Be prepared in case of a fire

Have a lid or baking sheet nearby to cover a pan that catches to extinguish the fire.

Have an appropriate kitchen fire extinguisher. Know the different ways to put out different cooking fires



### Keep your pan handles pointed towards the back of the stove

Keeping handles out of reach can prevent the pan from spilling or being knocked over-both of which could cause a burn.

## Preventing Scalds



Keep hot liquids, hot food, and tablecloths out of reach of small children

Curious children may pull a cup full of hot liquid off a table, or tug at a tablecloth that has a hot food or liquid on it, and scald themselves



Test the water before bathing children and always supervise children while they bathe



Never hold hot liquids or foods or cook while you are holding a child



Be careful with microwaveable foods.

Make sure that packages are secure and the food has cooled before picking up. Microwaveable foods - especially those with noodles - can cause scald burns if spilled

## Fire Safety Tips

Have an escape plan in case of a fire and practice it with your family

Keep flammable items away from heat sources

Unplug space heaters, blow out candles, and turn off hot appliances when leaving a room

Do not over plug an outlet

Stay safe by placing non-flammable barriers around fireplaces, ovens, furnaces, and other hot items

Teach kids not to play with, or around - matches, lighters, or other hot objects

## CARBON MONOXIDE SAFETY TIPS

Do not use a grill inside or too close to an open window  
Do not run a car in a garage

Do not use a stove or oven to heat your home  
Have all ventilation systems for your home and appliances checked by a professional to ensure that they are working properly