Burns and Scalds

Supplemental Reading Materials

(Word Count: 2126 – 10 Minutes)

The Supplementary Reading Materials for this training program consists of the following documents:

- First Aid for Burns
- Microwave Safety
- Preventing Burns from Hot Surfaces and Appliances
- Preventing Scalds from Hot
- Safety Checklist for Homes and Small Facilities
- Safety Checklist for Large Facilities
- Stop, Drop, and Roll
Directions: This page serves as a guideline for burn first aid. It does not replace the need for current first aid certification.

Emergency Actions
- The first thing to do in all burn situations is survey the area. Look to see if the area is safe, how the burn happened, if anyone else was injured. Second, find out if the burn victim is conscious. If the person does not respond, shout for help and check his or her ABCs.
  - **Airway**—Open the airway by tilting the victim’s head back.
  - **Breathing**—Look to see if the victim is breathing. Put your cheek close to the victim's mouth. Feel for breath on your cheek. Listen for sounds of breathing.
  - **Circulation**—Check for a pulse, and check for severe bleeding.
- Dial 911 or your local Emergency Medical Services (EMS) number.

Remember:
- Cool the burn with cold water to stop the burning. Do not apply ice to a burn.
- Don't immerse large severe burns in cold water. Doing so could cause shock.
- Do not apply ointment, cream, oil, spray, butter, or any other household remedy to burns. These products can interfere with proper healing.
- Burns on the face, hands, feet, and genitals need medical attention immediately.
- The deeper a burn is, and the bigger its area, the greater the severity.
- Disturbing blisters or dead skin can cause an infection.
- Do not allow the burn to become contaminated. Avoid breathing or coughing on the burn.

Heat Burns (caused by fire, contact with a hot surface, scalding liquids, or hot tap water)
- Call Emergency Medical Services or get medical help for serious burns, burns on the face, hands, feet, or genitals; for burns that have blistered; for burns on more than one part of the body; or if the victim is having difficulty breathing.
- Cool the burn with cold gently running water, or cover it with a towel soaked in cold water. Continue cooling the burn until the pain subsides.
- When the burn is cool, remove clothing from the area. Do not remove clothing that is stuck to the skin.
- Cover the burned area with a loose sterile dressing if possible. Do not tightly bandage it in place.

Electrical Burns
- If the victim is still touching the power source, turn off the electricity before you touch the victim. Turn off the power at the circuit breaker. Turning off a light switch to turn off an outlet may not be sufficient. NEVER pull a person away from a power source with your bare hands or with any object.
- Check the victim’s ABCs. Electricity can cause a person to stop breathing or the heart to stop beating. Call Emergency Medical Services or get medical help immediately. All electrical burns must be seen by a doctor.
- If the victim is breathing, check the rest of his body. Look for more than one burn, electrical injuries can involve an entrance and exit wound.
- Apply clean, loose, nonstick bandages.

Chemical Burns (caused by cleaning, workshop, or gardening products)
- Call the Emergency Medical Services.
- Wash the chemical from the burned area with plenty of cool, running water until medical help arrives.
- Remove any clothing that has the chemical on it, if possible.
- If an eye is burned by the chemical, flush it with water until medical help arrives.
- Do not induce vomiting if a chemical is swallowed.
Directions: Microwave ovens can be used to cook quickly and conveniently. Use this page to identify hazards and injury prevention ideas.

Why do you need to know about microwave oven safety?
- Microwave ovens are not all the same. Become familiar with the microwave you are using.
- Improperly used microwave ovens can cause scald burns, contact burns, and fires.

What dishes are safe in the microwave?
- Only use microwave safe dishes when microwaving. Safe dishes are usually glass or plastic. When in doubt about a dish, do not use it. Many utensils have labels that say whether they are safe to use in a microwave.
- Never use metal dishes in the microwave.
- Never use dishes that have metal trim or decoration.
- Do not leave spoons or forks in dishes when heating them.

What can happen if you use an unsafe dish?
- An unsafe glass dish or jar can crack or explode.
- Metal pans or metal trim dishes can cause arcing and start a fire.
- An unsafe plastic dish can melt.

What foods are safe for microwave heating?
- Any food can be heated in the microwave, but precautions must be taken.
- Never heat eggs in their shell because they will explode.
- Poke potatoes, sausages, and egg yolks before cooking to prevent them from exploding.
- Put food or liquids in jars and narrow necked bottles into a bowl before heating.

Prevention Ideas
- Read and follow the manufacturer’s instructions for safe cooking.
- Be careful when removing the covering or lid from microwaved food. The escaping steam can cause a burn.
- Use pot holders when removing food from the microwave. The food causes the dish to be very hot.
- Stir food well during heating to avoid mouth burns. Microwaves heat from the inside out, and the food will heat unevenly if it is not stirred.
- Be careful when removing hot liquids from the microwave. The container may only feel warm when the liquid is hot enough to scald.
Directions: Think about the ways that people burn themselves and ways to prevent burns from happening.

**Hot Surface Hazards**

- Check the appliances that you use.
  - Canner or pressure cooker
  - Microwave oven
  - Toaster or toaster oven
  - Waffle iron
  - Oven and stove with electric or gas burners
  - Coffee maker
  - Hot water faucet
  - Iron
  - Curling iron, hair dryer, and hot rollers
  - Lamp
  - Radiator or portable heater

**Burn Prevention Ideas**

- Turn off and unplug appliances when not in use.
- Anticipate that appliances or surfaces may be hot.
- Use oven mitts and pot holders.
- Use wooden tongs to remove toast.
- Keep shades on lamps.
- Put a barrier around fireplaces and wood burning stoves.
- When a light bulb burns out, be sure it cools down before removing it from the socket.

**Shock Prevention Ideas**

- Install ground fault receptacles by all water sources.
- Replace any appliance with a frayed cord.
- If you see sparks when plugging in an appliance, unplug it immediately and do not use it again. If you plug another appliance into the same outlet and it also sparks, call an electrician.
- If an appliance blows a fuse or trips a circuit breaker, the circuit may be overloaded. Only use one appliance at a time. If you blow another fuse or trip a breaker, call an electrician.
**Directions:** Use this sheet to prevent scalds from hot liquids.

**Here are some activities that are hazards for burns and scalds.**

- ✓ Check the things you do.
- ❑ Cook pasta.
- ❑ Can fruits or vegetables.
- ❑ Prepare espresso or cappuccino.
- ❑ Fry foods in hot grease.
- ❑ Use a microwave to heat foods and beverages.
- ❑ Drink or eat hot liquids such as soup, coffee, or tea.
- ❑ Eat hot food.

**Food is served at temperatures hot enough to scald. Here is some information that will help you understand the risk of scalds from spilled foods and cooking.**

- Some recommended serving temperatures of hot foods:
  - Meatballs 150°F
  - Vegetables 150° to 160°F

- Temperature of grease used to fry foods:
  - 350°F to 375°F

- Temperature of steam:
  - 212°F or higher

- Temperatures of popular beverages:
  - Coffee, tea, and cider 160°F to 170°F
  - Hot chocolate 140°F

**Prevention Ideas**

- Be especially careful of steam. A small amount of steam can cause a severe burn in an instant.
- Keep floors clean and free of clutter. People often trip and spill hot foods and liquids on themselves or other people.
- Have oven mitts and pot holders near the stove, oven, and microwave.
- Don’t lift a pot full of hot liquid that is too heavy for you to handle.
- Pour hot liquids away from yourself to avoid steam burns.
- Don’t fry foods in hot grease. Bake or broil instead.
- Stir microwaved food to distribute the heat before serving to avoid mouth burns.
Directions: Inspect each room of your home or residential care facility. Check the safety features that you have installed. Highlight any changes that need to be made.

Throughout the Facility
- Smoking is only permitted in the designated smoking area.
- Smoke detectors are installed and tested regularly as required by local fire codes.
- Ground fault receptacles are installed by all water sources.

Kitchen
- Pans on the stove have their handles turned inward.
- All heat producing appliances are unplugged if not in use.
- The maximum hot water temperature at the sink does not exceed the temperature permitted by regulation.
- If water temperature cannot be adjusted, an anti-scald device is installed at the sink.
- The floor is clear of slipping hazards such as spills.
- The floor is clear of tripping hazards such as throw rugs.
- Oven mitts and pot holders are available.

Designated Smoking Area
- The furniture in the area is fire resistant and comfortable.
- Large tip resistant metal ashtrays are provided.
- Caregivers enforce the smoking policy.

Bedrooms
- Appliances are checked regularly for frayed, broken, or damaged electrical cords.
- Residents use extra blankets instead of electric blankets when it is very cold.

Bathrooms
- The maximum hot water temperature at the tub and sink does not exceed the temperature permitted by regulation.
- Non-slip bath mats or appliqués are used to prevent slipping in the shower and tub.
- Grab bars are provided in the shower and tub.
- If water temperature cannot be adjusted, anti-scald devices are installed on sink and tub faucets, and shower head.

Utility Room
- Ground fault receptacles are installed by all water sources.
- Trash and cleaning supplies are stored away from the hot water heater and furnace.

Living Room or Recreation Room
- Radiators or other heaters are protected so people cannot fall onto them.
- All light bulbs on lamps are covered with shades.
- No extension cords are being used.

Date Checked ___________________
Directions: Inspect each room of your facility. Check the safety features that you have installed. List any changes that need to be made.

Throughout the Facility
- Smoking is only permitted in the designed smoking area.
- Smoke detectors are installed and tested regularly as required by local fire codes.
- Ground fault receptacles are installed by all water sources.
- Anti-scald devices are installed on hot water faucets if needed.

Kitchen
- Pans on the stove have their handles turned inward.
- All heat producing appliances are unplugged when they are not in use.
- The maximum hot water temperature at the sink does not exceed the temperature permitted by regulation.
- Pot holders and oven mitts are located next to the microwave oven.
- Doors are locked when the kitchen is unattended.

Dining Room
- Containers of hot liquids are placed away from the edge of tables.
- Containers with hot liquids are located where it is unlikely that a resident can knock them over.

Living Rooms, Activity Rooms, and Recreation Areas
- Hot coffee and other hot liquids are located where residents cannot knock them over.
- Oven mitts and pot holders are placed near microwaves.
- Cooking areas are supervised by staff.
- Radiators or other heaters are protected so people cannot fall onto them.

Designated Smoking Area
- The furniture in the area is fire resistant and comfortable.
- Large tip resistant metal ashtrays are available.
- Caregivers enforce the smoking policy.

Bedrooms
- All appliances are checked regularly for frayed, broken, or damaged electrical cords.
- Heat producing appliances are unplugged while not in use.
- Hot liquids brought in on trays have lids and are placed so they are not knocked over.

Bathrooms
- The maximum hot water temperature at the tub and sink does not exceed the temperature permitted by regulation.
- Non-slip bath mats or appliqués are provided to prevent slipping in the shower and tub.
- Grab bars are provided in the shower and tub.

Utility Room
- No trash or cleaning supplies are stored near the hot water heater or the furnace.

Date checked ____________________
Directions: You can save your own life if you know what to do in a fire. If your clothes ever catch on fire:

Stop!
Stop where you are. Do not run.

Drop!
Drop to the ground, and cover your face with your hands.

Roll!
Roll around until the fire goes out.