

Protect your child from burns

Burns can happen to anyone. Young children, older adults and people with disabilities are the most likely to incur such injuries. Many ordinary things in a home, including bath water, can cause childhood burns. The Department of Children and Families is offering the following information on water temperature safety and preventive measures to take at home to prevent a child from being burned by hot water.



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First Step to hot water safety is to set the water heater to 120°F or lower.



Water Temperature Safety

The American Academy of Pediatrics (AAP) recommends that temperature for hot tap water should not exceed 120 degrees Fahrenheit to prevent burns.

Do you know that...

- Hot water can be dangerous for young children as their skin is thinner than older children and adults
- Having higher water temperature can produce third-degree burn on contact in just a few seconds

WATER TEMPERATURE	TIME UNTIL THIRD DEGREE BURN
150°F	2 seconds
140°F	6 seconds
130°F	30 seconds
125°F	2 minutes
120°F	5 minutes

Every year, hot tap water burns cause

- 3,800 child injuries
- 30 child deaths

Every day

- 300 children are admitted to the emergency rooms due to hot tap water burns

Burns are the 2nd leading cause of death for children under 5

How can parents/grandparents/guardians/family members verify if the water is at a safe temperature?

1. Turn on the hot water and let it run for at least 2 minutes.
2. Check the hot water temperature using a water-resistant thermometer and holding it in a stream of running water.
3. If temperature is above 120°F, adjust water heater settings not to exceed 120°F
 - a. If you have access to the water heater, review manufacturer's instructions or call your local electric or gas provider to request guidance to adjust water heater settings.
 - b. If you live in apartments complex and do not have access to the water heater, contact the building manager to have the temperature lowered.
 - c. If you have no control over the water heater, you may consider installing anti-scald devices at home. These devices stop flowing water if it is hotter than 120°F.
4. Wait at least 24 hours after adjusting the water heater and test the water temperature using a water-resistant thermometer again.
5. If water temperature is not at safe range, contact a professional.



Parents could prevent water burns by

- Supervising children using the bathroom or kitchen faucets
- Ensuring water is not too hot at bath time by hand-testing the water or having a bath thermometer in place
- Remaining within arm's reach while children are taking a bath
- Keeping bathroom doors and kitchen access closed to children when not in use and when not supervised
- Teaching young children to turn on the cold water before the hot water if they want warm water
- Avoiding distractions during bath time (i.e. answering the door or phone)

In case of hot water burns

-If the injury is severe, call **911** immediately.

-Apply first aid care using cool, running water (not ice or iced water) for at least 20 minutes.

