



MAKE SAFE HAPPENSM

BURNS AND SCALDS

WATER TEMPERATURE:

- Follow these steps to check and lower the water temperature in your home. Then, be sure to test it every year:
 - Run the hot water from any faucet for 1 minute.
 - Fill a large cup with the hot water.
 - Check the water temperature with a cooking or meat thermometer that goes up to 120 degrees.
 - If the temperature reads hotter than 120 degrees, turn down the dial on your hot water heater. For gas hot water heaters, turn the dial to 120 degrees or to “warm.” For electric hot water heaters, call an electrician or your landlord. It is not safe to adjust an electric hot water heater by yourself.
 - Wait 1 hour and check the water temperature again. Repeat until the hot water temperature is 120 degrees or less.
- Install anti-scald devices on water faucets and shower heads, which will stop the flow of water if it gets too hot.

COOKING:

- If you can, keep children out of the kitchen while you’re cooking. If that’s not possible, create a clear zone of 3 feet around the stove.
- Use the back burners of the stove and turn pot handles away from the edge, to prevent hot spills. Set hot items, food and drinks away from the edge of counters, so that young children cannot reach them.

- Slowly open containers that have just been heated in the microwave. Steam can easily cause burns and scalds in children.
- Do not heat baby formula or baby milk in the microwave, as it can create hot spots. Instead, heat bottles by placing them in a cup or mug of warm water, and check the temperature on your wrist before feeding your baby.

ELECTRICAL OUTLETS AND APPLIANCES:

- Cover all unused electrical outlets with outlet covers.
- Never leave irons, hair dryers, toasters or other heat-producing appliances unattended. These items can heat quickly and stay warm after use. After you’re done using them, make sure the electrical cords are out of reach by tucking them away.

FIRES:

- Install a smoke alarm on every level of your home, including your basement. Place them near sleeping areas, and inside each bedroom.
- Install safety barriers around ovens, fireplaces and furnaces.
- Store all matches, lighters and other flammable materials away from space heaters or candles. Be sure to store in a safe place, or high up out of your child’s reach and sight.

DOWNLOAD THE MAKE SAFE HAPPEN APP

Developed in partnership with the safety experts at Nationwide Children’s Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



CONTENT DEVELOPED IN ASSOCIATION WITH:

