Scald burns
Scald burns are burns caused by hot liquids and steam

- **67%** of children with scald burns need medical follow-up after leaving the emergency department. **13%** of children with scald burns are admitted to hospital.  
  *(REF: Public Health Agency of Canada)*

- **75%** of all cases of scald burns involve children under 4 years of age.

- **Hot tap water** accounts for **25%** of scald burns among children 4 years of age and under.

- Hot liquids can burn a child’s skin **4 times more quickly** and deeply than an adult’s.  
  *(REF: SafeKids Canada)*

- A child can develop a severe burn in only **1 second** when water temperature is **68 °C (155 °F)**.

- Severe burns can lead to disfigurement and other **long-term** consequences.

**Don’t let your child become a statistic!**
Preventing scald burns

- Keep hot liquids out of reach of children.
- Use non-slip placemats instead of tablecloths so that your child cannot pull hot food onto him/herself.
- Place hot food in the centre of the table, at least 25 cm from the edge.
- **DO NOT** place hot liquids on low tables.

- Turn pot/pan handles inward when cooking.
- Keep small children away from open oven doors and stove tops. Keep the stove area a “kid-free zone” (one meter distance).
- Use safety devices such as stove guards and oven locks.
- **NEVER** hold your child in your arms when cooking at the stove, barbecue or campfire.
- Always test the temperature of the food and liquid before feeding your child. **NEVER** heat baby bottles in the microwave.

- Put down your hot drink before picking up your child.
- Hot drinks should not be placed in cup holders on baby carriages.
- Make sure electrical cords do not dangle from countertops.

- Set the temperature on your hot water heater to 60°C, and to prevent burns, have a plumber install mixing valves to lower the temperature of water at the faucet to 49°C. (ref. Hydro-Québec, 2015, Health Canada, 2015)
- Check the water temperature before putting your child in a bathtub. The safest temperature for bathing is below 37 ºC (100 ºF). Turn the cold water faucet off last.
- Seat your child with his/her back to the faucet.
- **NEVER** leave children unattended in the bath or near water.

- **NEVER** hold your child in your arms when cooking at the stove, barbecue or campfire.
- Always test the temperature of the food and liquid before feeding your child. **NEVER** heat baby bottles in the microwave.

Scald burns are 100% preventable!

- Children are curious, have less perception of danger and lack the ability to escape a situation that can result in a burn.
- Constant adult supervision is the single most important factor in preventing scald burns.
It only takes one second…

Time required for a severe burn to occur

<table>
<thead>
<tr>
<th>Water temperature</th>
<th>Time before burning</th>
</tr>
</thead>
<tbody>
<tr>
<td>68 °C (155 °F)</td>
<td>1 second</td>
</tr>
<tr>
<td>64 °C (148 °F)</td>
<td>2 seconds</td>
</tr>
<tr>
<td>60 °C (140 °F)</td>
<td>5 seconds</td>
</tr>
<tr>
<td>56 °C (133 °F)</td>
<td>15 seconds</td>
</tr>
<tr>
<td>52 °C (127 °F)</td>
<td>1 minute</td>
</tr>
<tr>
<td>51 °C (124 °F)</td>
<td>3 minutes</td>
</tr>
<tr>
<td>48 °C (120 °F)</td>
<td>5 minutes</td>
</tr>
<tr>
<td>37 °C (100 °F)</td>
<td>Safe temperature for bathing</td>
</tr>
</tbody>
</table>