

Scald burns



Hôpital de Montréal
pour enfants
Centre universitaire
de santé McGill



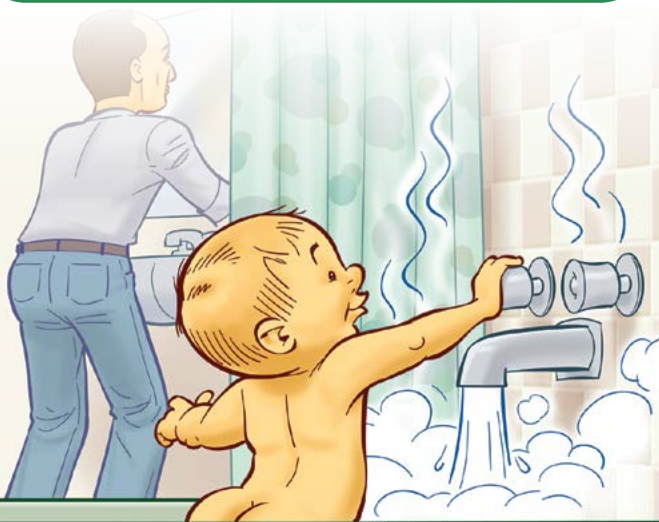
Montreal Children's
Hospital
McGill University
Health Centre

TRAUMATOLOGIE TRAUMA

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



- 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.



- 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.



- 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.



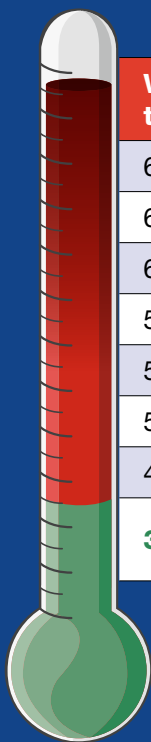
- Set the temperature on your hot water heater to 60°C, and to prevent burns, have a plumber install mixing valves to lower the temperature of water at the faucet to 49°C.
(ref. Hydro-Québec, 2015, Health Canada, 2015)
- Check the water temperature before putting your child in a bathtub. The safest temperature for bathing is below 37 °C (100 °F). 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.

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



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

TRAUMA CENTRE

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