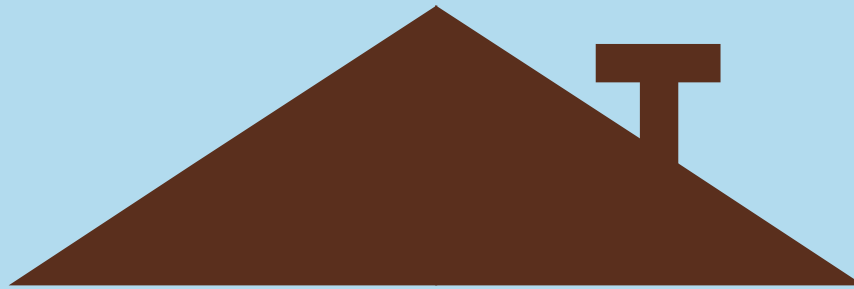


BURN AND FIRE HOME SAFETY TIPS



Brought to you by the Burn Care Services at Blake Medical Center

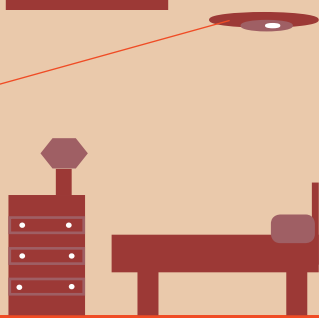


BE ALARMED

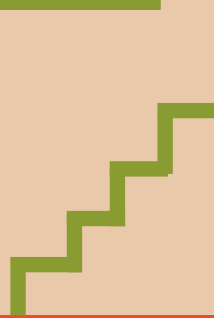
TIP #1

Install and maintain smoke alarms in your home- on every floor and near all rooms used for sleeping. Test your smoke alarms once a month to make sure they are working properly.

BEDROOM



ESCAPE PLAN

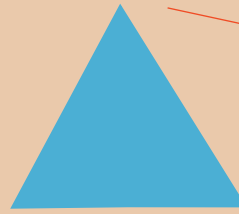


HAVE AN ESCAPE PLAN

TIP #2

Create and practice a family fire escape plan and involve kids in the planning. Make sure everyone knows at least two ways out of every room and identify a central meeting place outside. Practice your family fire escape plan at night and during the day with everyone in your home.

WATER HEATERS, ELECTRICITY AND CHEMICALS



CHECK WATER HEATER TEMPERATURE AND KEEP DANGER OUT OF REACH.

TIP #3

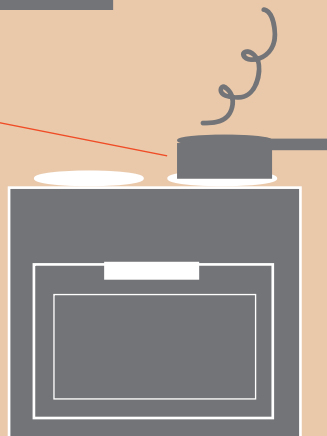
- Set your water heater to 120 degrees Fahrenheit or lower. Maintaining a constant thermostat setting can help control water temperature throughout your home, preventing it from getting too high. Infants who are not yet walking cannot get out of water that may be too hot.
- Don't leave matches, lighters or candles unattended.
- Use protective covers on electrical outlets and make sure cords are not hanging over the edge of counter tops. Store chemicals in locked cabinets at all times.

COOKING WITH CARE

TIP #4

Use safe cooking practices such as never leaving food unattended on the stove and keeping pot handles turned towards the back of the stove. It is important to supervise young children whenever they are near hot surfaces.

KITCHEN



STOVE TOP FIRES ARE THE NUMBER 1 CAUSE OF FIRES IN THE HOME.

GRILLING SAFETY TIPS



- Make sure the grill is at least 10 feet away from other objects, like houses or bushes.
- Soapy water is great for checking gas grill leaks. Spray on gas line connections. If it bubbles, there's trouble.
- Never start a gas grill with the lid closed, use one indoors or leave one unattended. Always wear short sleeves or tight-fitting clothing while grilling, and use cooking utensils with long handles.
- Use extra care with lighter fluid. Keep the container away from the grill. Don't spill it, and never add to hot coals. Never, ever use gasoline as a starter fluid for charcoal grills.
- Clean your grill! Don't let grease or fat build up, as they can cause flare ups.
- Check gas lines for blockages, too!

- There is a right way to dispose of hot coals. Douse with water, then stir. Rinse. Repeat. Remember, childproof lighters are not child-safe lighters. They can still cause fires and burns.
- Always, always, always shut off the propane tank valve when not in use. Always.

HOLIDAY SAFETY TIPS

- Check live Christmas trees often to ensure that needles are not dry. A dry tree is a fire hazard.
- Keep Christmas trees at least three feet from heaters, fireplaces, vents or other heating sources.
- Turn off Christmas lights and decorations when you are not at home or are asleep.
- Only use plastic hooks or clips to hang lights. Metal staples or nails can puncture wires and conduct electricity.

- When hanging lights or electric decorations, use a wooden or fiberglass ladder. Metal ladders conduct electricity.
- Candles should be kept in a location where they cannot be touched, handled or knocked over by children or animals.
- Ensure that candles are not near flammable materials, including paper goods, Christmas decorations and cloth items.

LEARN ABOUT BURNS

1ST DEGREE BURNS These burns usually heal within a week, see your doctor if the burn affects a large area of skin. Some signs of first degree burns include redness, minor inflammation or swelling and some pain.

2ND DEGREE BURNS These burns usually heal within a month. The worse the blisters are, the longer the burn will take to heal. See a doctor if the burn doesn't heal or if you are experiencing increased pain. Some signs of second degree burns include redness, blisters and pain.

3RD DEGREE BURNS DO NOT try and self-treat a third degree burn, call 911 immediately. Some signs of a third degree burn include waxy and white skin, charred skin, dark brown skin, raised and leathery skin and severe pain. When in doubt, call 911.