

# Children get burned

*more than anyone else!*



**Arkansas Children's Hospital** is home to the only Burn Center in the state, so we treat almost everyone who is severely burned in Arkansas – children and adults. Besides providing quality clinical care at the hospital, we also specialize in burn prevention programs because almost all of the injuries we see are the result of predictable, preventable events. Please help us in teaching your family and your community how to be safe from fire and burns.

**Children under 5 years old** account for about 30% of all burns. They are curious and don't recognize danger as we do. Watch small children closely at all times.

**Kids get burned in kitchens** more than any other room of the house. Hot foods and liquids burn more small children than house fires, firecrackers, matches, lighters and candles combined. Keep kids out of the kitchen!



**Smoke is even deadlier than fire** in a housefire. Arkansas has one of the highest rates of fire-related deaths in the country, but most of these deaths are due to smoke inhalation, not burns. Keep working smoke detectors near all sleeping areas and teach children how these smoke detectors work. Also, practice fire escape plans with your family so that everyone will know how to exit safely in case of fire.

**Gasoline burns are all too common.** The fumes alone can ignite with just a tiny spark, flame or even a cigarette. Never use gasoline, diesel or other flammable liquids to burn leaves, brush or trash. Always use gas carefully and remember, the kids are watching, so teach by example.

**Careless smoking is the most common cause of deadly home fires.** Keep smoking materials locked up and out of sight, or better yet –don't smoke!

**As the only Burn Center in Arkansas,** we provide state of the art, comprehensive and compassionate care for children and adults who have been burned, as well as burn prevention and treatment education for the entire state.



# Burn Outreach

# PROGRAMS

## For Students

**Burn Prevention classroom presentations** are targeted to 7th grade science & health classes. Lasting approximately 45 minutes, the information provided includes a slide presentation of actual burns, discussion of how they are treated and, most importantly, how they can be prevented. ACH Burn Center professionals can teach your classes for the day or hold an assembly for the entire school.

**The mobile Fire Safety House** is an excellent training tool for instructing children (grades 1-6) on how to appropriately respond should their home catch on fire. With two training rooms, props and non-toxic smoke, the Fire Safety House teaches children about smoke detectors, checking doors, designating two escape routes and the importance of not hiding during a fire. A certified instructor will guide children through the house to practice exit drills. The Fire Safety House may be reserved for school visits or events with the cooperation of local fire departments.

## For Medical Professionals and Firefighters

**Our Professional Education Program is designed for:**

Firefighters (professional & volunteer)	Emergency Room Personnel
Paramedics	Home Health Nurses
EMT's	Student Nurses
First Responders	Physical/Occupational Therapists

We will come to your facility and present a 1 to 2 hour program customized to meet the needs of your organization. Information presented includes fire safety and prevention, emergency treatment of burns, stabilization and transportation of burn victims, initial management of burns, wound care and rehabilitation. Continuing Education credit for nurses and emergency medical professionals is offered.

**Assistance for local fire department fundraisers** is also available and we will be happy to send safety education materials to hand out at your next event.

## For Children Who Play with Fire

**F.I.R.E.** (Firesetter Intervention, Referral and Education) is a burn prevention education and support program offered for children who set fires and for their families. Contact us if you would like to refer a child for participation or if you would like to have a program in your area.

- Curiosity about fire is normal for a child, but Firesetting is not. Teach your children that fire is a tool for adults and set a good example yourself by using it safely.
- Children playing with fire is one of the most common causes of deadly home fires. Please take time to make your house a safer place by locking up all matches and lighters.
- There is no such thing as "just a little fire." Every deadly fire starts very small. Don't wait for your child to out grow firesetting – teach them safety now! If you feel you need help in teaching your child about fire safety, please call the ACH Burn Center or your local fire department.

*Special thanks to the Arkansas Professional Firefighters Association for sponsoring **Camp Sunshine** (the hospital's annual weekend camp for young survivors of severe burn injuries) and **The Annual Golf Tournament** (a fun way to help Burn Center patients).*

# Scald Burns Are Preventable

Hot food, grease or hot water account for most burn injuries to young patients. Scald burns usually leave scars on the child's face, hands, legs and chest or can even cause death. Most of these scald burns happen in the kitchen or the bathtub. Something that is 160 degrees F can cause a severe burn in one second or less.

## In the Kitchen, remember to keep it out of reach.



- Put pans on rear burners and turn pot handles toward the back of the stove. Most burns to children are caused by hot food or liquids.
- Place hot dishes at the back of the counter and hot foods away from the table edge. A pan of biscuits or a bowl of gravy falling on a child can cause serious burns. Don't use a tablecloth if you have small children.
- Keep appliance cords out of reach. Young children are curious and can pull a pot of coffee or a crockpot full of beans on top of themselves.
- Keep kids out of the kitchen.

## In the Bathtub, test the water before you put your child in.

- After the tub is filled, put your entire hand in the water and move it quickly back and forth for several seconds. If the water feels even a little bit hot, then is it too definitely hot for your child.
- Never leave your child alone in the bathtub. Children can turn on the water if left alone. It only takes one second for hot tap water to burn a child. So, when the phone rings or there's a knock at the door, stay with your child. The other things can wait.



## Lower your Hot Water Heater, it's easy.

- It takes only three seconds for a child to suffer severe burns in water at 140 degrees F.
- Lower your home's hot water heater thermostat to a maximum of 120 degrees F or the 'warm' setting.

## Check out the temperature of these things in your home!



# Initial Treatment of Burns

1. Remove the person from the source of heat (flame, electrical or chemical).
2. If clothing is on fire, get the person on the ground and smother the fire with blankets. Help them to **STOP, DROP & ROLL.**
3. Run cool water over the burn for 1 minute for a child less than one year old and for 5 minutes for all other age groups. For chemical burns, flush with water for at least 20 minutes.
4. Remove jewelry or clothing that may still be hot and may get tight as the burned area begins to swell.
5. Do **NOT** apply any cream, lotion, butter or other substance.
6. Wrap the wound with clean dry cloth. If the burn covers a large area, sheets or blankets may be needed to keep the patient warm.
7. Seek medical attention quickly and keep in mind
  - The longer the contact with a heat source, the deeper the burn.
  - Burn victims lose their body heat and get cold quickly.
  - Do **NOT** put ice on a burn.
  - Use only enough water to stop the burning process. Extra water is not helpful.
  - Prompt and appropriate treatment can effect patient outcome by minimizing the amount of tissue lost, minimizing the amount of time spent in the hospital, and minimizing scarring.



**Arkansas  
Children's  
Hospital**

**For more tips and free burn  
safety materials, call 501-320-KIDS**

**[www.archildrens.org](http://www.archildrens.org)**

