

# Hot Liquids Burn Like Fire

**Almost half of serious burn victims never come near a flame.**

*The most common type of serious burn injuries in Massachusetts are scalds from hot liquids. Children under 5 years old are at greatest risk. Protect yourself and your family from serious burns from hot beverages, cooking liquids, and tap water.*

## Hot cooking liquids

- Create a three-foot "kid-free zone" around ovens, grills, and barbecues. This protects children from hot beverages, food, grease, and metal.
- Turn pot handles inward and use back burners when possible to avoid bumps and spills.

## Hot beverages

- Put coffee down when you hold a baby. A wiggling baby can shake your arm and spill the drink on themselves.
- Put drinks and soups in the middle of the table, away from curious fingers. Babies like to grab things.
- Consider replacing tablecloths with place mats to prevent children from pulling everything on the table onto themselves.



## Tap water

- It takes only one second for water at 155°F to cause a third degree burn.
- Set your hot water heater to temperatures of 125°F or less. (Massachusetts law states that the temperature must be between 110°F and 130°F).
- Always supervise young children in the bath and face them away from faucets. Babies and toddlers like playing with knobs and handles. They may turn on the hot water when you turn your back.



**Department of Fire Services**  
[www.mass.gov/dfs](http://www.mass.gov/dfs) • (978) 567-3100

