

# Hot Fluids Burn Like Fire

Hot fluids were the cause of 88% of the total burns in children under age 5.

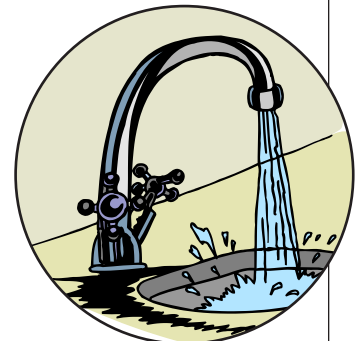
## Hot beverages

- 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.
- Hot beverages caused 44% of the burns in children under age five.
- Of all victims burned by hot beverages, 82% were children under age five.



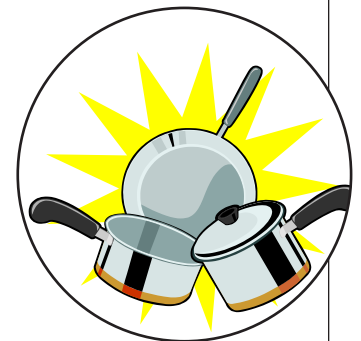
## Tap water

- 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.



## Cooking

- Turn pot handles inward.
- Establish and enforce a **NO zone** around the stove. Do not let children playing near a stove or barbeque. This protects children from hot cooking liquids, grease and metal.
- Children under age five are 3.4 times more likely to be burned by cooking activities than others.
- 19% of all cooking-related burns were suffered by children under five years old.



Statistics obtained from the 2018 reports of the *Massachusetts Burn Injury Reporting System*.



**Fire factors**

Office of the State Fire Marshal • [www.mass.gov/dfs](http://www.mass.gov/dfs) • (978) 567-3380