

Scald burns



L'Hôpital de Montréal pour enfants
The Montreal Children's Hospital

Centre universitaire de santé McGill
McGill University Health Centre

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!



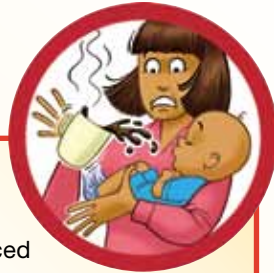
Preventing scald burns



- 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.



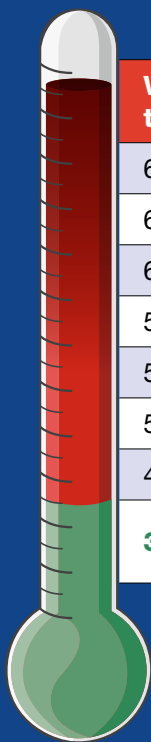
- Set your hot water heater at 48 °C (120 °F).
- Check the water temperature before putting your child in a bathtub. The safest temperature for bathing is below 37 °C (100 °F). Turn the cold water faucet off last.
- Seat your child with his/her back to the faucet.
- **NEVER** leave children unattended 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

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IMPORTANT : PLEASE READ

Information provided in this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.