

## The Heat Is On...

- Have a 3-foot kid-free zone around open fires and heaters.
- Use a fireplace screen to keep sparks inside the fireplace.
- Keep things that can burn, such as paper, bedding, or furniture, at least 3 feet from heaters.
- Have heating equipment and chimneys cleaned and inspected each year by a professional.
- Make sure your portable space heater has an auto shut-off — if it tips over, it will shut off.



## Cooking with Caution

- The leading cause of fires in the kitchen is unattended cooking.
- Pay attention to what you are cooking. Stay in the kitchen when you are frying, grilling, or broiling food.
- If you must leave the room even for a short time, turn off the stove.
- If you have young children, use the stove's back burners whenever possible.
- Keep children and pets at least 3 feet away from the stove.
- When you cook, wear clothing with tight-fitting or short sleeves.
- Allow food cooked in a microwave oven to cool for a few minutes before you take it out.
- Open microwaved food slowly. Hot steam from the container can cause burns.



## Take It Outside

- Smoking is the leading cause of fire deaths.
- Ask smokers to smoke outside.
- Give smokers deep, sturdy ashtrays.
- Never smoke if you are tired or have taken alcohol, medicine, or drugs that make you sleepy.
- Keep smoking materials away from things that can burn, like bedding, furniture, and clothing.



## To Learn More...

**For More** about FPW week:

- [www.firepreventionweek.org](http://www.firepreventionweek.org)

**For More** about NFPA:

- [www.nfpa.org](http://www.nfpa.org)

**For More** safety information for kids:

- [www.sparky.org](http://www.sparky.org)

**To Order** this brochure or any of our products:

- [www.nfpacatalog.org](http://www.nfpacatalog.org) or call: **1.800.344.3555**



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It's Fire Prevention Week 2009

# STAY FIRE SMART! Don't Get Burned







*A home fire is reported every 45 seconds, killing nearly 2,900 people and injuring more than 13,000 annually. Each year, roughly 180,000 people visit U.S. hospital emergency rooms with burns. **Fire Prevention Week 2009** focuses on ways to make homes fire safe and prevent painful burns. By following simple safety rules, you can **"Stay Fire Smart!"***

# Stay Fire Smart

## Don't Get Burned

- Keep hot foods and liquids away from table and counter edges so they cannot be pulled off or knocked over.
- Have a 3-foot **"kid-free"** zone around the stove.
- Never hold a child in your arms while preparing hot food or drinking a hot beverage.
- Teach children that hot things hurt.
- Be careful when using things that get hot, such as curling irons, ovens, irons, lamps, and heaters.

## Cool a Burn

- Treat a burn right away. Put it in cool water for 3 to 5 minutes, then cover the burn with a clean, dry cloth. If the burn is bigger than your fist or if you have any questions, get medical help right away. Remove all clothing, diapers, jewelry, and metal from the burned area.

## Just Right?

- A scald injury happens when contact with hot liquid or steam damages one or more layers of skin.
- To avoid hot water scalds, set the thermostat on your water heater to no higher than 120 degrees F.
- Older adults' and infants' skin burns more easily than adults'.
- Young children should never be left alone in the tub or shower or near a sink.
- Consider having **"anti-scald"** devices on tub faucets and shower heads to prevent scalds.
- Test the water before placing a child or yourself in the tub. The water should feel warm, not hot. Before you put your child in the tub, test the temperature with your wrist, elbow, or the back of your hand. Don't rely on a tub with a temperature indicator, such as a drain plug that changes color to indicate too hot, too cold, and just right.
- Test hot water at the tap using a cooking thermometer. Run the hot water up to two minutes before testing. Bath water should be no more than 100 degrees F. Retest the temperature several times to be sure the temperature is safe. Even when using a thermometer, use your wrist, elbow, or the back of your hand as your main guide.

