

Avoid a Contact Burn



HOT SURFACES DAMAGE SKIN!

A contact burn is a burn caused by touching a hot object

TIPS

- Supervise children around hot objects at all times.
- Stand at least 3 feet away from hot outdoor objects. Keep area clear of trip hazards. Limit alcohol consumption.
- At 77°F pavement can reach a temperature of 125°F. Protect your feet from hot objects by wearing shoes when walking on hot pavement or sand. Keep pets off hot pavement too.
- Turn heating pads and blankets off before sleep.
- Have hot pads available whenever cooking. Long oven mitts are best when needing to reach in or over hot surfaces, such in an oven or over a grill. Assume all pots and pans are hot.
- Remember to treat items coming from the microwave as you would items from the oven. Limit microwave use by children.
- Unplug tools such as these when not in use, and always treat as if they are still hot. Keep out of reach of children

FACTS

- Roughly 70,000 people went to the hospital emergency department because of contact burns in 2018 (National Electronic Injury Surveillance System- NEISS).
- About one-third of the patients were children under the age of five (5).
- Contact burns account for 7% to 9% of all reported burns and children are especially at risk for these injuries.
- According to the National Safe Kids Coalition, contact burns account for 20% of all burn injuries requiring hospitalization among children ages 4 and younger.
- Average contact burn size is less than 3% total body surface area (TBSA), but prolonged hospitalization often results from these injuries, as many are deep, affected critically functional areas and require ongoing wound care and physical therapy. Approximately 40% of patients require surgery for these injuries.

References

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PREVENTION**

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**Improving the lives of those
affected by burn injuries**