



Twitter Posts

2019 Theme: Scald

1. **#NBAWHotTip** Coffee is often served at 175°F (79°C), making it high-risk for causing immediate severe scald burns.
2. **#NBAWHotTip** Babies and older adults have thinner skin, therefore they are at higher risk for deeper burns at lower temperatures with shorter exposure times.
3. Did you know **#NBAWHotTip**? Scald burns (from hot water, other liquids, and steam) are the cause of over one-third of all burn related injuries.
4. **#NBAWHotTip** Use non-slip placemats instead of tablecloths around toddlers as they may use the tablecloth to pull themselves up.
5. **#NBAWHotTip** Establish a safe area, out of the traffic path between the stove and sink, where children can play and be supervised.
6. **#NBAWHotTip** Always use oven mitts or potholders when moving pots of hot liquid or hot food.
7. **#NBAWHotTip** When filling a bath, run cool water first, and then add hot water. Then turn hot water off first.
8. **#NBAWHotTip** It takes only takes less than 5 seconds for a burn to occur from 140 °F (60° C) liquid.
9. **#NBAWHotTip** Keep all pot handles turned back, away from the stove to avoid curious fingers.
10. Did you know **#NBAWHotTip**? Tablecloths can become tangled in crutches, walkers, or wheelchairs, causing hot liquids to spill off the table.
11. **#NBAWHotTip** Never hold hot liquids when carrying a child.
12. **#NBAWHotTip** Food heats unevenly in microwaves. Jelly fillings may be extremely hot, even if the outsides of the food are warm.
13. **#NBAWHotTip** Supervision is the single most important factor in preventing tap water scalds.



#NBAW
**National Burn
Awareness Week**
FEBRUARY 3-9, 2019

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14. **#NBAWHotTip** If you must leave the bathroom while bathing a child, make sure you bring them with you.
15. Did you know **#NBAWHotTip**? 62% of people treated in burn centers for scald burns are children under the age of 5.
16. **#NBAWHotTip** Got a kid? Get a lid! Be sure to put a lid on your coffee or tea to prevent scald burns.
17. **#NBAWHotTip** Never place hot liquids on low coffee tables or end tables that are in reach for a young child.