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.
• 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).