How hot is your water?

The water from your faucet should be no hotter than 120°F.

If it’s too hot . . .

**Turn it down—**

1. Turn down your water heater setting yourself.

2. Ask your plumber to turn down your water heater setting.

3. Call your landlord and inquire about the water temperature.

*The most painful burn is the one you could have prevented.*
Hot Water Safety for Families with Small Kids

Every day children are taken to emergency rooms because of hot-water burns. In fact, burns are the leading cause of death in children under age 5.

In the bathroom...

Do you know how to fill a bath tub?

- First turn on the cold water.
- Then add hot water.
- When the tub is almost filled, turn off the hot water.
- Then turn off the cold water.

Remember—don’t put your child in the bath tub while the water is running!

Check the water with your hand!
- Children have sensitive skin.
- It can burn easier than adult’s skin.
- That’s why you should always check the water.

Put your hand all the way in the water.
- Spread your fingers. Move your hand back and forth throughout the length of tub to check for hot spots.
- Then put your child in the tub.

Always stay with your child.
- Do not answer the phone or door while your child is in the tub.
- If you must leave the bathroom, take your child with you.

Why?
- Some kids can turn the hot water on by themselves. It only takes seconds for small kids to drown or burn themselves.
- Be extra careful with single-lever faucets. They are easy to manipulate and can go quickly from warm to scalding hot.
- Place a child in the tub facing away from the faucet.

In the kitchen...

- Never leave a child unattended.
- Keep pot handles turned toward the back of the stove.
- Keep all hot liquids at a safe distance, away from the edge of the counter.
- Never drink a hot liquid, like coffee or tea, while holding a child.
- Test all heated food or beverages before giving them to a child, especially items heated in microwaves. A microwave can heat unevenly.
- Remove or do not use tablecloths when toddlers are present.
- Purchase appliances with short power cords and ensure that cords do not dangle.
- Avoid the use of area rugs in the kitchen to prevent slipping.
- Protect infants and toddlers by placing them in a high-sided playpen when cooking or drinking hot liquids.
- Be aware that recently used ovens and stoves may still be hot.

Compiled from the Burn Foundation.