

## 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.***

***As the leader in pediatric care and an advocate for children's health, Maria Fareri Children's Hospital at Westchester Medical Center is the only all-specialty children's hospital in the Hudson Valley region and Fairfield County Connecticut.***

#### **Advanced Pediatric Care in the Right Setting**

Today, Westchester is home to one of the most unique and advanced children's hospitals in the world. With hundreds of clinical and surgical specialists in almost every medical field, the entire hospital is dedicated to the health and well-being of children—treating more than 20,000 patients each year. From pediatric trauma, intensive care, cancer and heart disease--this clinical expertise is provided under the spired roof of a state-of-the-art building that was designed from the point of view of children and their families, not just from the perspective of doctors and nurses. This concept is the cornerstone of a new approach in providing healthcare for children called "family-centered care"—involving parents, siblings and family members in a child's treatment, every step of the way. This specially created environment enables medical specialists to provide the most advanced care to patients.



**To make an appointment with one of our pediatric specialists, call 1-866-WMC PEDS.**

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Joel A. Halpern Regional Trauma and Burn Center

Maria Fareri Children's Hospital  
at Westchester Medical Center  
Valhalla, NY 10595-1644

# Hot Water Safety

## for Families with Small Kids



## 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.