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## **Preventing Contact Burn Injuries: Tips from the State Fire Marshal**

*National Burn Awareness Week is Feb. 2-8*

(COLUMBUS, Ohio) – With one American suffering a burn injury [every 60 seconds](#), State Fire Marshal Jeff Hussey wants to remind Ohioans of some simple steps they can take to avoid the most common causes of burns – both in and out of the home.

[National Burn Awareness Week](#) runs from Feb. 2-8, and this year's theme is "Contact Burns — Hot Surfaces Damage Skin." Touching hot objects – like tap water, stovetops or grills – caused contact burns serious enough for [roughly 70,000 people to seek treatment at a hospital in 2018](#).

“Failing to test tap or bath water or forgetting to cover your hands before reaching in the oven can put us at risk of a serious burn injury,” said Marshal Hussey. “Avoiding distractions in the home and being cognizant of hot objects before touching them can go a long way in preventing an unnecessary hospital visit.”

Marshal Hussey offers tips to stay safe and avoid common contact burn injuries:

- Maintain a “kid-free zone” of at least 3 feet around a stove and/or grill.
- Supervise children around hot objects at all times.
- Use the back burners of your stove to prevent children from touching hot cookware.
- While you're at it, turn pot handles away from the stove's edge.
- Use long oven mitts when reaching into the oven or over other hot surfaces.
- Assume all pots and pans are hot, and handle with caution.
- Unplug all hair products when not in use. Keep them away from children.
- Talk with your children about items that are [hot or not](#).
- Test bath water before allowing children into the tub.
- Face young children away from faucets when in the bathtub.
- Turn heating pads and blankets off before going to sleep.
- Treat burns with cool water for 3-5 minutes, cover with a clean, dry cloth, and seek medical help right away.

For more information on Burn Awareness Week, or for additional safety tips, visit the [American Burn Association website](#).

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