

# Avoid a Contact Burn



## 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).



**BURN  
PREVENTION**

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Improving the lives of those  
affected by burn injuries