

Summer Burn Safety

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Developed by:
**American Burn Association
Burn Prevention Committee**

Funded by:
**United States Fire Administration/
Federal Emergency Management Agency**

Fire and Burn Death and Injury

Deaths

**4,000 deaths a year
from fire and burns**

Injuries

25,000 hospitalized in burn centers

600,000 burn injuries treated in hospital EDs



*(Sources: National Fire Protection Association,
National Center for Health Statistics)*

What Do We Need to Know About Summer Burn Safety?

- **Sunburn**
- **Outdoor cooking and campfires**
- **Fireworks**
- **Lightning**
- **Travel (vehicles and lodging)**
- **Emergency Care**

Some Impacts of Summer Fires and Burns

- **Propane or charcoal grills:**
 - 6,000 fires
- **Fireworks:**
 - 10,000 injuries, including 4,500 children
 - 6,000 fires
 - \$8 million in property damage
- **Lightning:**
 - 1,000 injuries, up to 100 deaths

*(Sources: National Fire Protection Association
National Center for Health Statistics)*

Ultraviolet Ray Hazards



- Penetration of clouds, haze
- Ozone depletion
- Long-term damage
- Higher risk at midday, higher altitudes
- Illness, some medications can increase UV sensitivity

Infants

- **Thin skin**
- **Unprotected by pigment**
- **Cannot explain pain**
- **Cannot move out of sun**



Sun Protection for Infants and Children

Under six months	No sun, no sunscreen
Under one year	Keep out of direct sunlight
Under two years	Use PABA-free sunscreen with SPF of at least 30
All children	Avoid long sun exposure, even with sunscreen Always wear a hat Be alert to long-term risks

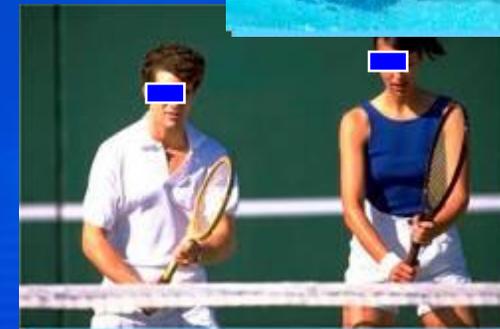
Skin type and reaction to sun

People with skin that burns easily and seldom tans run highest risk of skin damage.

People of all complexions and ethnic backgrounds can be burned by UV rays.

Sun Protection for Everyone

- **Avoid long exposure**
 - Even with sunscreen
 - Especially at mid-day
- **Reapply sunscreen**
 - At prescribed intervals
 - After swimming
 - After perspiring heavily



UV Protection Guidelines



- Use sunscreen with UV-A and UV-B protection
- Wear sunglasses that block UV rays
- Wear protective clothing
- Shade alone not enough

Sunburn First Aid

- **Apply cool compresses or bathe burned area**
- **Take over-the-counter pain medicine as directed**
- **Drink extra fluids**
- **Use perfume-free, alcohol-free lotion**

Sunburn First Aid

Seek medical care for:

- Severe pain**
- Fever over 101° F (38°C)**
- Sunburned infants under 1 year old**

What NOT to Use for Sunburn

- **Petroleum jelly or ointment**
- **Butter**
- **Harsh soap**
- **Over-the-counter benzocaine creams or sprays (may cause allergic reaction)**
- **Home remedies (toothpaste, etc.)**

Heat Exhaustion

- **Symptoms**
 - Nausea
 - Light-headedness or dizziness
 - Severe headache
 - Cramping
 - Cool, clammy skin

Heat Exhaustion

- **Treatment**
 - Lay person on back and raise feet
 - Loosen tight clothing
 - Seek medical attention

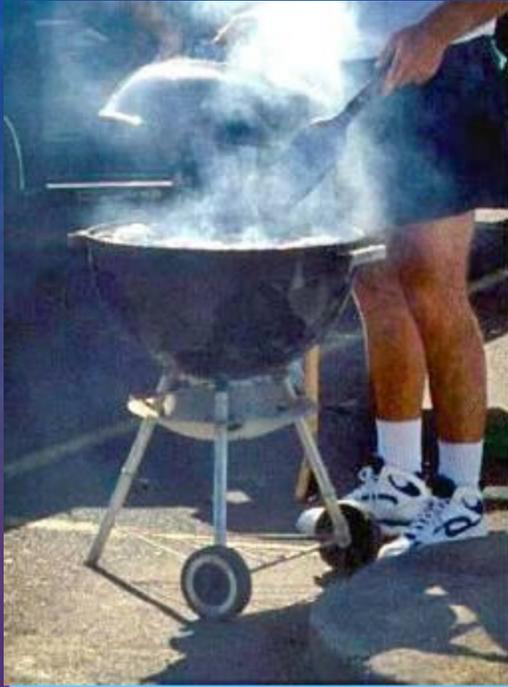
Heat Stroke Symptoms

- **Symptoms**
 - Headache
 - Flushed, dry face
 - Skin abnormally hot to touch
 - Cramping in the legs
 - Abnormally high body temperature
 - Increased heart rate
 - Loss of consciousness (in extreme cases)
- **Treatment: Call 9-1-1**

Keep Children Away

- **Keep children away from any outdoor cooking fire**
- **Establish a “kid-free” zone 10 feet away from any charcoal or propane grill, fireplace or ground-level campfire**

Charcoal Grill Safety: Preparing to Cook



- **Keep children at a distance**
- **Keep charcoal lighters out of reach of children**
- **Never add starter fluid to hot/warm coals**
- **Never use gasoline to start, enhance or revive a fire**

Charcoal Grill Safety: Completing the Job

- **Always keep a water supply or extinguisher nearby**
- **Extinguish coals with water**
- **Dispose of coals safely after thorough dousing: never bury hot coals in sand**

Propane Gas Grill Precautions

- **Check fuel connections**
- **Follow manufacturer's instructions when lighting**
- **Leave fuel valve shut (when not in use)**
- **Keep fire extinguisher nearby**



Campfire Safety Rules

- Use designated fire pits
- Clear ground
- Build fire downwind
- Never use flammable liquid
- Never leave fire unattended
- Keep water or fire extinguisher nearby
- Douse with water when finished



After Dark Fire Safety

- **Never use candles, lanterns or other open flames in tents**
- **Before sleeping, check again to make sure any open campfire has been completely extinguished**



Carbon Monoxide Risks “On The Road”

- **25% of all deaths from carbon monoxide (CO) occur in temporary or seasonal shelters**
- **CO sources include heaters, stoves, generators: keep them maintained**
- **Bring a CO detector for use on trips where such appliances will be used**

Fireworks and Families

- **NEVER** allow children access to fireworks
- If you enjoy fireworks displays, leave them to the professionals



Lightning Facts

- **The salty water in the human body conducts electricity better than open air**
- **Lightning kills up to 100 and injures up to 1,000 annually**



Outdoor Lightning Precautions

Avoid

- Open spaces**
- Power lines, tall trees**
- Metal fences**
- Close contact with others
(spread 15-20 feet apart)**
- Water**

Outdoor Lightning Safety

- **Seek**
 - **Vehicle (stay inside with windows closed)**
 - **Ditch, trench or low ground (except in heavy rain)**
 - **Group of shrubs or trees of uniform height**
- **Squat, kneel or sit, don't lie flat**
- **Cover ears with hands**

Indoor Lightning Precautions

- **Stand clear from windows, doors and electrical appliances**
- **Avoid contact with piping, including sinks, bath/shower area, faucets**
- **Avoid using telephone except in emergency**

Fire Safe Boating



- **Inspect fuel valves and connections frequently**
- **No smoking during refueling**
- **Wash thoroughly any skin exposed to gasoline**
- **Show fire extinguisher locations to passengers**

Motor Vehicle Heat Safety (Parked Vehicles)

- **Never leave a child or pet alone in a vehicle**
- **Keep car doors locked**
- **Put sun shades in front and back windows**
- **Beware of hot surfaces (seat belt buckles, vinyl seats)**



Vehicle Radiator Safety

- **Never open a HOT radiator cap**
- **Protect hands and face when opening cap
(Radiator fluid can cause a burn injury in one second)**
- **Keep children away from the area**

Motorcycle and ATV Burn Safety

- **Avoid contact with hot muffler and engine**
- **Wear clothes that protect against road rash**
- **Do not smoke while refueling**



Hotel/Motel Fire Safety

- Pack a flashlight and portable smoke alarm
- Identify all exits and escape routes
- Count number of doors from your room to exit

(Apply same rules when visiting private homes)

Hotel/Motel Fire Response

- **In case of fire, get low and go!**
- **Feel the door before leaving, and don't open if hot to the touch**
- **Be sure to take door key**
- **Stay low and use stairs to escape**
- **If trapped, block smoke from door or vents with wet towels and call or signal for help**



Emergency Care for Burns

- **Stop the burning process**
- **Run cool water over burned area**
- **Remove all clothing from the burned area**
- **Cover with a clean dry cloth**
- **Call 9-1-1**

Emergency Care for Burns: Special Considerations

Electrical burns

- Do not approach victim until you are sure power is turned off**

Chemical burns

- Flush affected area with running water for at least 20 minutes**
- If the area is still painful, continue to flush until pain stops**

Key Rules for Summer/ Warm Weather Fire and Burn Prevention

Sunburn

Protect infants, beware of UV rays

Outdoor cooking

Keep children at a distance

Fireworks

Leave fireworks to professionals

Lightning

Seek low area if caught in the open

Power Boats

No smoking during fueling operations

Hotel/Motel

Determine exits/escape routes

Conclusion

- **Summer and warm weather outdoor and travel-related activities often involve fire and burn injury hazards**
- **Almost anyone can be injured**
- **By observing simple prevention guidelines, these activities can be fire and burn-safe as well as fun**