**February:**

**Week 1-**

**Preventing Scalds and Burns**

Teaching kids kitchen safety is the easiest way to prevent scalds and burns. Teach children that hot things burn. Try to keep children’s curious habits from getting the best of them. As a parent you should turn pot handles away from the stove edge, keep appliance cords coiled and away from counter edges, and keep hot foods and liquids away from the table and counter edges. While children are younger it is encouraged that you cook from the back burners on the stove, and once they get older you should teach them how to cook safely.

Water heaters in your home should be set to 120 degrees Fahrenheit. Anytime you are using hot water, you should test it before continuing, in order to prevent scalds and burns. You can add anti-scald devices to tub faucets and shower heads, they are available online and at some hardware stores.

If you do get a burn, you should treat it immediately with cold water for 3-5 minutes. Cover the burn with a dry cloth, and do NOT use any ointments creams or home remedies. Remove all clothes and jewelry from the burned area. Call 9-1-1 or see your doctor if the burn is bigger than the injured person’s palm, is on the face, major joints, feet, or hands; if the burn is caused by chemicals or electricity; if the skin of the burn is white, tight, dry (leathery), or painless; or if the burn causes difficulty breathing. You should see your doctor if the burn doesn’t heal in 2-3 days, becomes foul smelling, develops thick drainage, redness or swelling, causes a fever, results in a large blister, wet weepy wound and/or severe pain.

**February Week 2:**

**Fire Safety for Children**

Children are prone to set fires, if they don’t have the proper guidance from teachers or parents. As a result, children 14 and under make up 10%-15% of all fire deaths. Children tend to play with fire in bedrooms and in places where they can’t be detected. A lot of these places contain flammable materials. It is important to sit down with your children and discuss fire safety and show them the dangers of fire. Keep lighters and matches in high, locked away places. Create and discuss a fire escape plan with your children. Show them to how to stop, drop, and roll, and how to crawl under smoke. Make sure that there are smoke alarms installed in every room, right outside every room. Replace any smoke alarm that is at least 10 years old.

**February Week 3:**

**Kitchen Grease Fire Safety**

Cooking fires is the leading cause of home fires according to the NFPA, and unattended cooking makes up the majority of those fires. If a small fire starts in a pan: put on an oven mitt and smother the flames with the lid of the pan or a cookie sheet. Turn off the burner, and don’t remove the lid until the pan is completely cool. Trying to carry the pan away from the stove will cause the grease to splash, and can also add oxygen to the flame. DO NOT pour water on a grease fire. Try not to use a fire extinguisher on a pan fire, because it can spray the burning grease around the kitchen, spreading the fire and causing burns. Treat burns only after the fire is contained or the building is completely evacuated. If you are in doubt, just get out! If you cannot safely contain the flames, alert everyone in the house and call 9-1-1 after it has been evacuated.

**February Week 4:**

**Candle Safety**

Candles can easily cause a house fire because they are open flames. A lot of times these flames start in the bedroom because the candles are burning too closely to things that are flammable, make sure candles are at least 12 inches away from anything that can burn. Consider using battery operated flameless candles, which can look, smell, and feel like real candles. Make sure that candles are in sturdy non-flammable containers; if one is not available, use a noncombustible plate. Never use a candle where medical oxygen is being used, it can make an existing fire even bigger, and cause it to burn faster. For religious purposes, do not place candles in windows. Try not to pass candles from one person to another. If candles are on a shrine or altar, make sure the altar is well maintained so that the candle doesn’t cause a fire. The best way to put out a candle is to use a snuffer.