

BURN WISE

Burn Prevention Information Of
Special Interest To The Jewish Community



New York-Presbyterian
Weill Cornell Medical Center



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The William Randolph Hearst Burn Center at NewYork-Presbyterian Hospital is one of the largest and busiest burn centers in the nation. We treat almost 5,000 patients—one-third of whom are children—each year.

By offering all phases of treatment—from emergency care to rehabilitation—to patients and families who have suffered a burn injury, the Hearst Burn Center and NewYork-Presbyterian/Weill Cornell Medical Center provide the expertise, resources, and continuity of care needed to get the best results.

To make an appointment to see a doctor, or if you would like to learn more about burn prevention, please call the Hearst Burn Center at NewYork-Presbyterian/Weill Cornell Medical Center:

Main Office/Appointments: (212) 746 – 5410
Burn Outreach/Education: (212) 746 – 5417

William Randolph Hearst Burn Center at NewYork-Presbyterian Hospital
525 East 68th Street, New York, NY 10065
<http://nyp.org/services/burn-center.html>

This Burn Wise booklet was developed as a collaborative between the William Randolph Hearst Burn Center, the FDNY Foundation, and the New York Firefighters Burn Center Foundation.

For additional information on fire safety, please contact the

FDNY Fire Safety Education Unit & FDNY Office of Public Information:

www.nyc.gov/fdny
www.fdneyfoundation.org
718-999-0779

For more information about the **New York Firefighters Burn Center Foundation**, please contact:

The New York Firefighters Burn Center Foundation
21 Asch Loop, Bronx, NY 10475

 **NewYork-Presbyterian**
 **Weill Cornell Medical Center**



Directions to the Burn Center

By Subway

Take the #6 train to East 68th Street. Walk four blocks east to York Avenue, or take the M66 bus eastbound to York Avenue.

By Bus

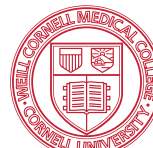
Take the M31 to the East 69th Street stop, directly in front of NewYork-Presbyterian/Weill Cornell. (The M31 operates north and south on York Avenue, and crosstown on 57th Street.) Crosstown buses M66 and M72 allow you to transfer to the M31 at York Avenue.

By Car

Approaching from south of East 68th Street – Take the FDR Drive northbound to the 61st Street exit. Make a right onto York Avenue and go north to 68th Street. Approaching from north of East 68th Street – Take the FDR Drive southbound to the 71st Street exit. Make a left onto York Avenue and go south to 68th Street.

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied upon for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.

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BURN INJURY FACTS:

- 🔦 Each year in the United States, almost 45,000 Americans are hospitalized for burn injuries.
- 🔦 Almost half of all burns happen at home.
- 🔦 Scalds from hot liquids are the leading cause of burns among young children.
- 🔦 Burn injuries can happen in seconds but their effects can last a lifetime.

BURN INJURIES

A burn is an injury from heat, cold, chemicals, radiation, or electricity. They can be minor or very serious, depending on what part and how much of the body is affected. Burns can affect different layers of the skin:

First-degree burns: The top layer of the skin turns pink/red and is mildly painful. Some swelling may occur but no blisters form.

Second-degree burns: The top and middle layers of skin are injured, causing blisters, pain, and swelling. The blisters may break, and the skin underneath will be red/pink and wet.

Third-degree burns: All skin layers are destroyed, and the skin becomes white, dry, and painless.

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Burns can happen at home, work, or play. They can affect how we move, look, and feel about ourselves.

Common sources of burn injuries include:

- 🕯️ Fire (candles, cooking, heating)
- 🕯️ Hot liquids (food, drinks, tap water in the bath/shower/sink)
- 🕯️ Hot objects (radiators, irons)
- 🕯️ Household chemicals
- 🕯️ Sunburns
- 🕯️ Electrical wiring, appliances

GROUPS AT HIGH RISK OF BURN INJURIES

While anyone can get burned, certain groups of people are at high risk for burn injuries.

Families

Certain customs and practices such as the use of candles (including those used for the Sabbath and holidays) and reliance on a variety of cooking and warming devices can put observant Jewish families at high risk for burn injuries.

Young children

Young children are at high risk of burns because they may not understand how avoid danger.






Older adults

Older adults may be at high risk of burn injury due to age related changes in mobility, hearing, sensation, sight, medical conditions, and medication use.

BURN PREVENTION

There are many simple steps that you and your family can take to prevent burn injuries. Please follow these tips to prevent burns and stay safe all year round:

Lighting, Blessing, and Using of Sabbath and Holiday Candles:

-  Place Shabbat, Yom Tov, Yahrzeit, and Chanukah candles:
 - In sturdy holders, menorahs, or other fire-safe containers
 - On a solid surface
 - Out of the reach of children and pets
 - At least 4 feet from curtains, bedding, paper, and combustible sources such as chemicals and aerosol sprays
-  Wear tightfitting, long sleeved attire when near an open flame.
-  Keep long hair tied back and away from lit candles.
-  Avoid leaving burning candles unattended; put them out before leaving the room or going to bed if possible. When not possible, use candles that burn long enough to fulfill the mitzvah, but are short enough to burn themselves out.
-  Store matches and lighters out of the reach of children.

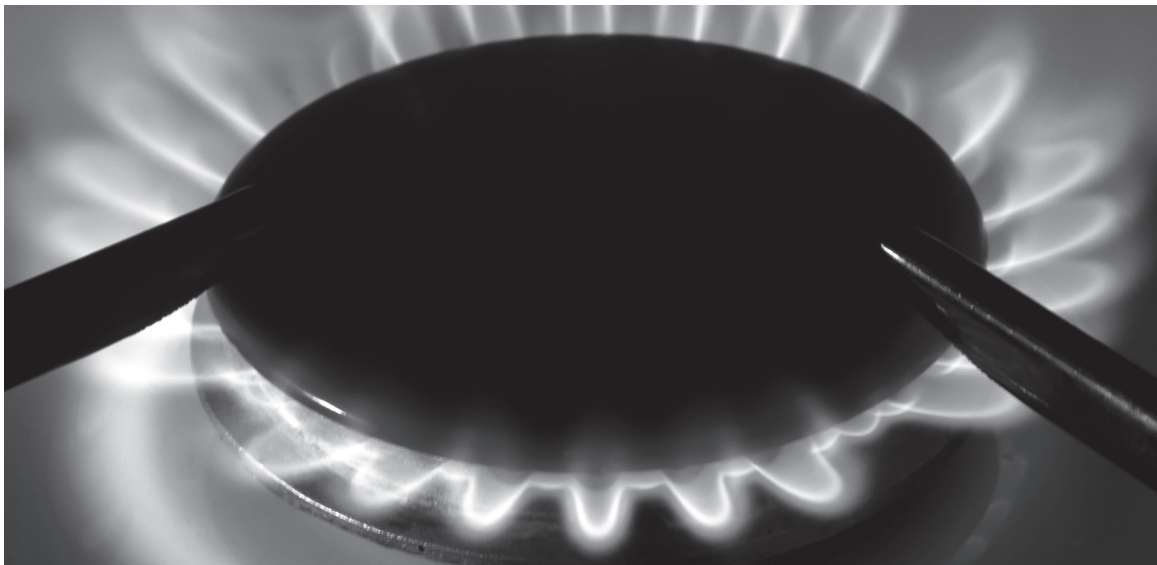


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Cooking and Eating During the Sabbath and Holidays:






Cooking and eating play major roles in holiday and Sabbath celebrations. Many burn injuries, however, result from cooking, serving, and eating hot food and drinks. With the increased activity and excitement that are part of these celebrations, please use extra caution and follow these safety tips to prevent burns:

- 🔔 Keep a 3-foot zone of safety around the stove and anywhere that hot food or water may be warming. This will prevent children from coming too close and allow for a safe work space.
- 🔔 Turn pot handles inward when cooking on the stove.
- 🔔 Cook on the back burners of the stove.
- 🔔 Allow hot food and drinks to cool before carrying, serving, eating, or drinking.
- 🔔 Avoid using tablecloths or placemats that can easily be pulled by young children.
- 🔔 Keep the stovetop clear of paper, towels, and anything else that can burn.
- 🔔 When frying, use a pot lid or splash guard to prevent grease splatter.
- 🔔 If a grease fire occurs:
 - Turn off the heat, and if possible, use baking soda or a pot lid to smother the fire.
 - Keep the pot and lid in place until cool.
 - Call 9-1-1 right away if the fire continues to burn.










Using The Blech, Un-Blech, Crock Pots, And Hot Water Urns:

Often, these are used to heat food, cholent, and water for long periods of time and may not appear to be hot. They may also be used in areas within reach of young children. To prevent burn injuries from these, please:



-  Use the back burners on the stove when possible.
-  Keep the devices and their cords out of the reach of children and as far back on the counters or stove as possible.
-  Use a hot water urn that has a locking spigot to prevent unintentional hot water spills.
-  Avoid placing these items on the floor.
-  Make sure all appliances have been approved for use by the Underwriters' Laboratory (UL) and include the UL safety symbol.

Use of Electronic Devices Outdoors, Including for Sukkot/Sukkos:

-  Use electronic devices and extension cords with the Underwriters' Laboratory (UL) mark to promote quality and safety.
-  Use extension cords:
 - For short periods of time only
 - In places where they can easily be seen but out of the reach of children
 - Designed for outdoor use
-  Use a power strip when plugging multiple devices into one outlet.
-  Check the condition of the cords of all heaters, electric lights, or other devices with each use. Replace the device right away if the cord is broken or cracked or if the device overheats, smokes, or sparks.
-  If using a space heater, clear a 4-foot area around it and avoid plugging it into an extension cord. Make sure it has been approved for use by the Underwriters' Laboratory and has the UL symbol.
-  Avoid leaving burning candles unattended. When not possible, use candles that burn long enough to fulfill the mitzvah, but are short enough to burn themselves out.
-  Let hot food/drinks cool before carrying them into/out of the Sukkah.

Passover/Pesach Safety


Bedikat Chametz (Searching for Chametz):

-  Keep the candle away from all combustible objects — especially curtains, sofas, clothing, and tablecloths.
-  Do not allow young children to hold the candle or get too close to the open flame.

Burning Chametz:








-  Supervise young children and keep them at least 4 feet from open flames.

Preparing for the Seder:

-  Increased activity and excitement often make people less careful just when they should be most cautious. Please see the above section on kitchen safety for burn prevention tips.

Cleaning for Pesach:

When using chemicals, please:

-  Wear rubber gloves when using chemicals or cleaners.
-  Store chemicals in the original bottles.
-  Keep chemicals out of the reach of children.
-  Avoid mixing chemicals.
-  Open the windows or doors when using chemicals to prevent the fumes from burning your eyes or lungs.
-  Avoid smoking, using matches/lighters, or placing any open flames near chemicals.
-  Keep the phone number of the local poison control center by the phone:
1-800-222-1222.

Chanukah, Chagim, and Three Day Yuntifs/Yomin Tovim

Observances such as Chanukah and two- and three-day Yuntifs/Yomin Tovim can be high-risk times for burns and scalds. During these times, there is more hot food, hot water, and candle use in the house. Often there are guests in the home, including children. Be sure to share burn prevention information and your family's home safety practices with them.



GENERAL BURN SAFETY

In addition, here are some safety tips to keep you and your family safe throughout the year:

Scald burns:




Scald burns can happen in any room of the house. They are especially common in the kitchen and bathroom. You can prevent them by:

- 🔥 Keep young children away from the stove, oven, and microwave when they are in use.
- 🔥 Heat baby bottles by placing them in a cup of warm water instead of using the microwave.
- 🔥 When heating food in the microwave, use microwave-safe cookware with a cover that allows steam to escape.
- 🔥 Set the water heater temperature to a maximum of 120°F.
- 🔥 Check the water temperature to make sure it's not too hot before getting into the tub or shower or soaking in a basin.
- 🔥 Avoid bathing babies, children, and adults with limited mobility under running water that can become too hot too quickly.
- 🔥 If using a humidifier, choose one that uses cool mist instead of hot steam.
- 🔥 Keep hot food and drinks out of the reach of young children.
- 🔥 Never place a hot drink in a cup holder of a carriage or stroller when young children are present.

Fire Safety










Each year, over one million fires occur in the United States. These cause thousands of burn injuries and deaths and billions of dollars in damage. To stay fire safe, follow these tips as well as those previously mentioned:

- 🕯️ Use aerosols (such as perfume, body spray, hair spray, bug spray, cleaning agents) away from matches, lighters, candles, stoves, pilot lights, lit cigarettes, or any other open flames.
- 🕯️ If smoking, use deep ash trays and put out cigars/cigarettes in water. Check beds, furniture, and carpet for cigarettes and ashes which may have fallen.
- 🕯️ Never smoke in bed, while going to sleep, or when impaired by alcohol, medication, or drugs.
- 🕯️ Clear a 4-foot area around space heaters and turn them off before leaving the room or going to sleep.
- 🕯️ Use electronic devices and appliances such as space heaters, electric blankets, TVs and home appliances with the Underwriter Laboratory (UL) symbol for optimal quality and safety.
- 🕯️ Place warning signs on the doors of homes where home oxygen is in use. Avoid smoking when an oxygen tank is in use.
- 🕯️ Leave fireworks to the professionals.
- 🕯️ Before using your barbeque (BBQ) grill, make sure all of the parts—including the gas tank—are in good condition. If you notice any leaks, cracks, or breaks, replace the parts before using. If using lighter/starter fluid on the BBQ grill:
 - Choose one that is made specifically for grilling.
 - Avoid using gasoline or kerosene.
 - Keep the container away from the grill.
 - Only add to coals before lighting.
 - Avoid spilling on clothing or in area near the grill.
 - If you do spill, shower and change clothing, and hose the affected areas before using the grill.

-  Keep children and pets at least 4 feet from the BBQ during and after use.
-  Use an insulated, fire retardant BBQ mitt and tools with long handles.
-  Start the grill only after opening the cover.
-  Keep a fire extinguisher in the grilling area.

Contact Burns














Burns from hot objects are very common, especially among children and older adults. Here are ways to prevent them:

-  When using appliances that get hot, such as an iron, make sure the device and cord are out of the reach of children and placed where no one can touch or trip over it while still hot.
-  Cover all radiators and steam pipes.
-  Use oven mitts and pot holders when cooking at the stove, oven, or microwave.
-  Place beds and furniture at least 3 feet from radiators, steam pipes, and heaters.
-  Avoid placing an infant on an adult bed to prevent falling or rolling onto a radiator.
-  Use a protective screen around a fireplace and handle it using a fire safe glove.
-  Before getting into the car, check for hot seats and buckles. If you park directly in the sun, cover the seat with a towel or place a sunshield in the window.
-  Always wear shoes when walking, running, or playing outdoors.
-  Keep children at least 3 feet away from the moving belt of a treadmill.










Electrical Burns

Electricity is all around us and powers almost everything we do. When misused, electricity can be dangerous, causing fires, serious burns and other injuries. Here are ways to safely use electricity:

-  To avoid overloading a single outlet, use a power strip when plugging in multiple devices.
-  Check all cords, electronic devices, appliances, and power tools with each use and replace them immediately if the cord is broken or cracked, or the device overheats, smokes or sparks.
-  If outlets or light switches are hot when touched, unplug the cord or shut off the light immediately and have an electrician check them before using.
-  Disconnect electrical appliances and devices by pulling on the plug, not the cord.
-  Unplug small appliances such as toaster ovens and coffee pots before going to bed and whenever they are not in use.
-  Use extension cords for short periods of time and in places where you can see them. Avoid placing them under a rug or behind furniture.
-  When changing light bulbs, only use replacements that are at or below the maximum recommended watts. Make sure the light is OFF before changing the bulb.
-  Place outlet covers into unused electrical outlets.
-  Use electrical appliances away from water.
-  Make sure hands are dry before touching any electrical cord, outlet, or circuit.
-  Use electronic devices and appliances with the Underwriters' Laboratory (UL) symbol to ensure quality and safety.
-  Teach children not to touch electrical cords and outlets or play in areas where electrical equipment is stored.
-  Place and use lamps on flat surfaces or floors only.






Chemical Burns

We use chemicals in our daily lives for tasks such as cleaning. To stay safe when using chemicals, please follow these safety tips:

-  Wear rubber gloves when using chemicals or cleaners.
-  Store chemicals in the original bottles.
-  Keep chemicals out of the reach of children in a locked cabinet.
-  Avoid mixing chemicals.
-  Open the windows or doors when using chemicals to prevent the fumes from irritating your eyes or lungs.
-  Avoid smoking or using matches/lighters or any open flames near chemicals.
-  Keep the phone number of the local poison control center by the phone: 1-800-222-1222.

Sun Safety

Spending time outside can be safe and enjoyable, but exposure to the sun—even for a short time or on a cloudy day—can lead to a sunburn. To protect you and your family from too much sun, follow these sun safety steps:

-  Always wear sunscreen when outdoors. If your child is 6 months of age or younger or has sensitive skin, check with your doctor before using.
-  Choose a sunscreen that protects from ultraviolet A (UVA) and B (UVB) sunlight, is water resistant, and has a sun protection factor (SPF) of 15 or higher.
-  Always apply sunscreen to the skin at least 30 minutes before going outdoors. Reapply every 1-2 hours and after swimming, sweating, or exercising.
-  Limit your time in the sun and if possible, stay indoors between 10am – 4pm when the sun is strongest.
-  When in the sun, wear sunglasses with UV protection, a hat, long sleeves, and a long skirt or pants when possible.

FIRE/EMERGENCY SAFETY PROCEDURES

You and your family can take steps to make sure you know what to do in case of a fire or any other emergency:






- 🚒 Keep entry/exit routes within your home clear and free of clutter.
- 🚒 Know two ways to escape from your room and house.
- 🚒 Make and practice a fire escape plan with your family.
- 🚒 Have a meeting place outside of your home.
- 🚒 Once outside of your home, never go back in until you have been told by an official that it is safe to return.
- 🚒 To exit during an emergency, always use the stairs—never use an elevator.
- 🚒 Call 9-1-1 in case of an emergency to reach the police, fire department, or ambulance

Smoke Alarms and Carbon Monoxide Detectors

In many areas, smoke alarms and carbon monoxide detectors are required by law. They can save the lives of you and your family—but only if they are installed correctly and kept in good condition which includes having working batteries. Here's how to make sure you and your family are protected by smoke alarms and carbon monoxide detectors:

- 🚒 Install smoke alarms and carbon monoxide detectors on each level of your home, including the basement and attic, near the kitchen, and outside of all sleeping areas.
- 🚒 In the event of a nuisance alarm, do not disconnect or remove working batteries.
- 🚒 Test batteries monthly and change them at least twice a year (daylight savings time) AND whenever the detectors “chirp” the low battery alarm.
- 🚒 Replace smoke alarms every 10 years and carbon monoxide detectors every 5 years.
- 🚒 Use smoke alarms and carbon monoxide detectors with the UL (Underwriters' Laboratory) sign to ensure quality.

Special Safety Considerations

-  Make sure that your family's emergency escape plan accounts for any special needs that you or your family members may have, such as use of a wheelchair/cane or helping babies/young children to escape.
-  If hearing impaired, install and maintain a flashing or vibrating smoke alarm and carbon monoxide detector.
-  Some homes or buildings may have safety bars on windows or doors which should have an emergency release. Know how to use these devices in case you need to remove them quickly in an emergency.
-  To help prevent burns and falls in the bathroom, install grab bars and use non-slip rubber mats in tubs or showers.
-  Use a shower chair or stool when bathing if standing alone or for long periods of time is difficult.



What to do if there is a fire:

- 🕯️ Stay calm.
- 🕯️ Do not try to put out the fire.
- 🕯️ Get low and go! Crawl along the floor to exit.
- 🕯️ Use your fire escape plan to get out right away. Do not bring belongings with you.
- 🕯️ Close the door behind you.
- 🕯️ Call 9-1-1 from a safe location.
- 🕯️ Get out and stay out! Do not go back inside until you have been told that it is safe to do so.

What to do if you get burned:

Stop the burn:

- 🕯️ Stop, drop and roll if your clothes are on fire.
 - Take off your clothes if they are soaked with hot liquids or chemicals.
 - Remove the burned clothing.
 - If the clothing is stuck, leave it.

Cool the area:

- 🕯️ Use cool water on the burned areas. Avoid ice and cold water.

Clean the burn:

- 🕯️ Keep the area clean and do not apply creams, ointments, butter, toothpaste, sprays or other home remedies.

Wrap the burn:

- 🕯️ Cover the burn with a clean, dry cloth or towel.

Call for help:

- 🕯️ Call for emergency medical help right away.