

Cooking-Related Burns

Scaldings related to cooking, serving or eating hot foods and liquids are common in all age groups, but are especially serious for young children, older adults and people with disabilities.

Cooking-related burns can result in hospitalization and even death. And while most scalds happen in the home, they are easily prevented. Here are some safety tips to help make your home safer:

1. Establish a safe area, out of the traffic path between the stove and sink, where children can safely play, but are still supervised.
2. Cook on back burners, turn pot handles to the back, and keep appliance cords coiled away from the counter edge.
3. Never drink or carry hot liquids while holding or carrying a child.
4. Place children in highchairs, infant carriers or playpens at a safe distance from danger while preparing or serving food.
5. When removing lids from hot foods, lift the lid away from your face and arms.
6. Check all handles on appliances to ensure they are secure.
7. Attempt to move only those pots and pans that you can easily handle.
8. If it is necessary to move a hot liquid while using a wheelchair, place a large, sturdy tray with a solid lip on your lap to decrease the risk of lap burns.

For more information on burn prevention, call University Medical Center's injury prevention educator at (559) 459-4342.