

## HOT WATER SAFETY

# SCALD BURNS CAN BE EASILY PREVENTED LOWER THE TEMPERATURE OF THE WATER

### HOT TAP WATER

#### Temperature /Time Relationships in Scalds:

<u>Temperature</u>	<u>Time to Produce Serious Burn</u>
120° F	More than 5 minutes
125° F	1.5 to 2 minutes
130° F	About 30 seconds
135° F	About 10 seconds
140° F	Less than 5 seconds
145° F	Less than 3 seconds
150° F	About 1.5 seconds
155° F	About 1 second

### HOT TAP WATER SAFETY PROCEDURES

1. Lower water heater temperature to 120° - 130° F.
2. Install thermostatically controlled faucet or shower head.
3. Provide continuous supervision of young children while they are in the bathtub.

The water heater thermostat should be adjusted to provide a **maximum** Temperature at the bathtub of 120° F (48.9° C).

Generally, the thermostat setting should not exceed  
130° F (54.4° C).

## HOT WATER SAFETY

### HOT WATER IS A FRIEND WHEN .....

- ...It washes people.
- ...It washes clothes, dishes, and other things.
- ...It feels good in hot water bags.

### HOT WATER IS AN ENEMY WHEN ...

- ...It scalds people.



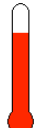
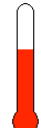
Hot water is a great convenience in the home, but it can cause a serious burn-quickly. It can maim or even kill.

Very young, handicapped, and elderly people are particularly vulnerable to tap water burns.

Children cannot always tell the hot from the cold-water faucets. They have delicate skin, and often cannot get out of hot water quickly. So they suffer hot water burns most frequently.

Elderly and handicapped persons are less agile, more prone to falls in the bath tub, and may have less ability to sense when water is too hot.

### HOT WATER CAUSES THIRD DEGREE BURNS...

 <p>In one second at <b>156°</b></p>	 <p>In 2 seconds at <b>149°</b></p>
 <p>In 5 seconds at <b>140°</b></p>	 <p>In 15 seconds at <b>133°</b></p>

People associate burns with flame. In fact, liquids cause burns more often than flames.

**USE CARE, AND HOT WATER WILL ALWAYS BE A FRIEND.**

### HOT WATER BURNS ARE 100% PREVENTABLE.

#### **1. Keep hot liquids out of the reach of children.**

Babies-the most frequent victims of hot liquid scalds-need only a split second to grab a coffee cup, or bump a sipping parent's arm. Spilled hot coffee or tea, usually hotter than 160°, will cause severe injury.

Toddlers can spill hot liquids by pulling at tablecloths, pot handles, and cooking appliance cords. They may be underfoot while you're carrying pots around the kitchen.

Protect babies or toddlers by placing them in a high chair or playpen during cooking and coffee hours.

#### **2. Supervise children and older people in tub baths.**

Young children are able to turn on the hot water by themselves. Elderly or handicapped people are prone to falling. They should never be left alone in the tub, even momentarily. Always test their bath water: it should be about 100°F.

#### **3. Set water heater thermostat at safe level.**

Most water heaters are set to heat water well above 140°F. But a tap water temperature of 120°F to 125°F should be hot enough for washing clothes and dishes. And few people bathe at temperatures above 110°F. Set your water heater thermostat at low, which is usually about 120°-for safety, and to save 18% of the energy used at 140°F. (Although many automatic dishwasher instructions suggest 140°F, cleaning is usually satisfactory at much lower temperatures). If you live in an apartment, and the water is too hot, show this to your landlord and ask that the water temperature be lowered.

#### **4. Check tap water temperature.**

Let hot water run for three to five minutes. Test the temperature with a candy, meat, or water thermometer. Set the temperature on your water heater thermostat. Wait a full day to allow the water temperature to change, then re-test and re-adjust the thermostat, if necessary.

