

Burn Safety Tips

According to the American Burn Association, more than 40,000 people are treated for burn injuries every year. It is important to take burn safety precautions seriously to avoid dangerous situations – especially when children are involved.

Burns are categorized as first, second, or third degree, depending on the severity of the skin damage.

First-Degree Burns

- The mildest of the three, damage to the **top layer of skin**.
- Produce **redness, pain, and minor swelling**, leaving the skin dry without blisters.
- These burns often heal in **less** than a week.

Second-Degree Burns

- Cause **blisters, severe pain, and redness**.
- These burns can take **up to three weeks** and sometimes longer to heal with appropriate treatment.

Third-Degree Burns

- The worst of the three. Affect **all skin layers**, and sometimes the **underlying tissue**.
- With these types of injuries, the surface **appears dry** and can look **waxy, leathery, white, or charred**.
- **Medical treatment** is always necessary for third-degree burns, and most will require skin grafts.

Here are some burn safety tips for you and your children:

General Burn Safety

- Have a **fire escape plan** for your home, and pay attention to **emergency exits** when traveling.
- Explain the **dangers** of playing with matches and flammable materials to your children.
- **Read and follow** all warnings and instructions on gas-fired ovens and outdoor barbecue grills.
- Check home smoke alarms to ensure they work properly.

Firework Safety

- Children should not light fireworks, only **adults** should.
- Only buy **legal** fireworks. Check your local police department for a full list.
- Keep sparklers **away** from your face, clothing, and hair.
- Do not point fireworks at someone, and keep them away from your **home, dry brush, and leaves**.



Treatment for First-Degree Burns

- **Soak** the burned skin in cool water for at least **five** minutes.
- **Cover** the burn with a sterile bandage or clean cloth, and **protect** it from pressure and friction.
- Use **over-the-counter medications** to reduce inflammation, swelling, and pain.

Treatment for Second and Third-Degree Burns

- Do not apply **ointment, butter, ice, medications, fluffy cotton, adhesive bandages, cream, or oil spray** on burns.
- Avoid coughing or breathing on burns, as this can allow the burn to become **contaminated**.
- Do not touch or **peel** blistered and dead skin.
- Do not **immerse** a severe burn in cold water or apply cold compresses.
- Contact Miami Burn Center at 305-585-BURN (2876).



For more videos, tips, and resources,
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