

## PATIENT INFORMATION

### Burn Prevention Tips for Babysitters

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Babysitting is an important job, and one that shouldn't be taken lightly.

Please read the following tips, so you'll know how to help to prevent burns when you're babysitting.

**Before the parents leave**, right down the following information on a piece of paper and put it in your pocket or sock (in case there's a fire and you have to leave the house quickly.)

- Telephone number where you can reach the parents.
- Telephone number and address of a neighbor.
- Address of the house where you are babysitting, including the names of major cross streets

#### **When preparing meals:**

- Remember, young children are active and serving hot food or drinks can result in accidents.
- Never allow children to stand on a chair and help you cook. They could fall onto the hot stove.
- Always turn pot handles towards the back of the stove. Children may grab them and spill hot food onto themselves.
- If something on the stove catches fire, don't try to pick up the pan and move it. Do put the lid on the pot to smother the flames.
- If you're cooking with grease, keep a box of baking soda handy. Baking soda will safely put out a grease fire. **Don't** use water-water will only spread the flames!
- Never pass hot food or drinks over children. You may accidentally spill something or a child may reach up and knock it from your hands.
- Never leave the hot drinks like cocoa or tea within the reach of small children. They may try to copy you and drink from the cup!
- Always follow package directions closely when preparing food in the microwave. Let the food sit a few minutes after removing it from the microwave, then test the temperature before serving.

#### **If you're bathing children:**

- Never allow children to run their own bath water. Run it for them to make sure it's not too hot!
- Test the water temperature with your hand or a bath thermometer before letting the child get in the tub. If the water feels too hot, add cold water and mix well, then retest the temperature.
- Never leave a small child alone in the tub!! He or she could turn on the hot water and get burned.

#### **As a fire breaks out:**

- Stay calm. You are in charge and need to think clearly in order to help the children.
- Get the children out of the house immediately! Don't try to fight the fire.
- Close the door as you leave, and take the children to a neighbor's house. Then call the fire department and the parents.