



Treatment of minor burns

- Treat a burn immediately.
- Cool a burn with cool water, never ice.
- Cover a burn with a clean, dry cloth or bandage.
- Don't use ointment, spray, or butter.
- If a burn is larger than your fist, get medical help.

If you have questions about burn injuries, email the Oregon Burn Center at cryun@lhs.org.

For life threatening emergencies, call 9-1-1

For information on cooking and scald safety, visit www.oregon.gov/OSP/SFM/HFSC_Cooking.shtml.



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4760 Portland Road NE
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503-934-8245
www.oregon.gov/OSP/SFM



Put a lid on kitchen fires!



Preventing kitchen fires and scalds

Safety information from the Oregon Office of State Fire Marshal and your local fire agency.



Home Fire Safety Starts With YOU!



Facts about Cooking Fires

- Cooking equipment fires are the leading cause of home structure fires and associated civilian injuries.
- Recent National Fire Protection Association data shows unattended cooking equipment as the leading cause in 38% of home cooking fires.
- Cooking fires are one of the leading causes of Oregon residential fires.

Safety Tips to Prevent Cooking Fires

- Don't leave cooking food unattended.
- Keep your cooking area clean, including the stovetop, oven, and exhaust fan.
- Keep dishtowels, paper towels, pot holders, and combustible items away from stove burners.
- Don't wear loose sleeves over hot stove burners—they can melt, ignite, or catch on handles of pots and pans.
- Cooking oil can ignite quickly. Heat oil slowly and watch it closely.

Facts about Scalds

- In Oregon, approximately 100 children a year, under the age of five, are severely burned by scalds.
- Nationally, scalds are the leading cause of burns in children under the age of four – nearly 24,000 children a year are treated in emergency rooms for scalds.
- Older adults and young children are most susceptible to scalds because of thin skin and slow reactions.

Safety Tips to Prevent Scalds

- Keep hot liquids and foods away from stove, table, and counter edges so they cannot be pulled off or knocked over.
- Keep pot handles turned away from edges of the stove. If possible, cook on back burners.
- Coil appliance cords away from the edge of the counter so children can't grab them.
- Keep a 3-foot 'kid free' zone around the stove.
- Don't eat hot foods or beverages while holding a child.
- Set your water heater thermostat no higher than 120 degrees Fahrenheit.
- Never leave young children alone in the kitchen or bathroom.
- Consider having anti-scald devices installed on faucets.

If You Have a Fire

- If a fire starts in a pan, don't panic!
 - Don't use water to put the fire out
 - Put the pan lid on the fire
 - Turn the burner off
 - Let it cool completely before taking off the lid
 - Don't pick up the pan and move it
- If fire breaks out in the oven, turn off the heat and keep the door closed.
- Keep a Class ABC fire extinguisher in your kitchen. Keep it in an easy to reach location and know how to use it.
- If fire continues to grow, leave the home and call 9-1-1.
- If your clothes catch fire, stop, drop, and roll.

Nearly 24,000 children a year are treated in emergency rooms for scald injuries.

