



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.

