

## Health & Safety Alert

# Hot Liquid Scalds

The purpose of this Alert is to heighten your awareness of the dangers of burns from hot water and hot liquid scalds. Scald burns caused by moist heat can result in significant injuries.

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### Identification and classification of Burns

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| 1 <sup>ST</sup> DEGREE BURN | causes redness and swelling in the outermost layers of the skin.                            |
| 2 <sup>ND</sup> DEGREE BURN | involves redness, swelling, and blistering. The damage may extend to deeper layers of skin. |
| 3 <sup>RD</sup> DEGREE BURN | destroys the entire depth of the skin.  |
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### Treatment

- **It is critical to immediately remove non-stick clothing and apply cool water. This is to begin to cool the skin.**
  - **Wrap the burn loosely in clean cloth. Don't use oils, butter, etc.**
  - **Seek immediate medical attention for all but minor burns.**
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### Prevention

- Turn hot water heater thermostat to 49 degrees Celsius or less.
- Install scald resistant faucets, a tempering valve, or a thermostatic mixing valve.
- Always test the temperature before someone gets in the tub or shower. Wait until the tub is at the depth you want. Test the water with your wrist.
- Turn pot handles in or toward the rear of the stove.
- Cook on rear burners of the stove.
- Place hot liquids in the centre of tables and away from the edges of the counter.
- Test beverages for extreme temperatures prior to serving.

For questions or comments regarding the above Alert, please contact your Safety Officer

### Did you know?

- Adults will get 3rd degree burns on exposure to hot water in less than one second at 160 degrees and between 9 and 10 minutes at 120 degrees.
- Children will get 3rd degree burns on exposure to hot water in less than ¼ of a second at 160 degrees and just over 3 minutes at 120 degrees.
- Children are at risk as their skin is thinner than that of adults.
- Individuals, who are elderly, may be less sensitive to extreme temperatures so the withdrawal reflex may be delayed.
- The severity of a burn injury depends on the temperature of the liquid, length of time exposed, age of the victim, and the size of the area affected.
- Only cooling stops the skin from burning.