



For Immediate Release

Captain Neil Weaver
Government and Media Relations

State Fire Marshal's Office
State Fire Marshal Chad Cross

Date: February 3, 2023

Contact: Deputy State Fire Marshal Gregory Baruso

Phone: (360) 596-3929

Email: fpbio@wsp.wa.gov

Twitter: @WaFireMarshal

National Burn Awareness Week - Preventing Scalds and Burns

Olympia – February 5-11, 2023, is National Burn Awareness Week. This year's emphasis is on scalding. A scald injury can happen at any age, however, children, adults, and those with disabilities are especially at risk. Devastating injuries can occur from hot liquid or steam such as bath water, hot coffee and even microwaved soup. According to a report by the National Fire Protection Association, scald burns are the second leading cause of all burn injuries.

Scalding can cause third degree burns almost instantaneously. A third degree burn destroys the entire depth of the skin and can damage fat, muscle, organs, or bone beneath the skin. Significant scarring is common, and death may occur in the most severe cases.

During National Burn Awareness Week, practice these safety tips to keep you and your loved ones safe:

- Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- Always supervise a child in or near a bathtub.
- Before placing a child in the bath, test the water. It should feel warm, not hot, to the touch.
- Place hot liquids and food in the center of a table or toward the back of the counter.
- Have a "kid-free zone" of at least three feet around the stove and areas where hot food or drinks are prepared or carried.
- Allow microwaved food to cool before eating, and always open microwaved food slowly to prevent steam burns to the extremities and face.
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.
- If a burn does occur, treat the burn right away by cooling it with cool water for 3-5 minutes and cover the burn with a clean, dry cloth.
- **Get medical help if needed.**

For more information, contact the State Fire Marshal's Office at 360-596-3929.

###

The State Fire Marshal's Office is a Bureau of the Washington State Patrol, providing fire and life safety services to the citizens of Washington State including inspections of state licensed facilities, plan review of school construction projects, licensing of fire sprinkler contractors and pyrotechnic operators, training Washington States firefighters, and collecting emergency response data.