

## Burn Injuries, Virginia 2005-2009

- There were 11 deaths from hot objects or substances from 2005-2009, all of which were among adults ages 35 and older.
- 1,838 burn related hospitalizations occurred from 2005-2009.
- Burn hospitalization rates for children 0-4 were 5 times higher than all other ages combined.
- Burns to young children (ages 0-4) resulted in more than \$8.2 million in charges by hospitals and an average hospital stay of 5 days.
- Scalds (caused by hot liquids or vapors) are the most common type of burn related injury among children (Safe Kids USA).

## Fire Related Injuries, Virginia 2005-2009

- 441 fire related deaths occurred from 2005-2009, 96% were unintentional.
- 80% of these deaths were from exposure to an uncontrolled fire in a building or structure.
- Adults ages 75 and older experienced a higher rate of fire related death than any other age group.
- 1,200 fire related hospitalizations occurred from 2005-2009, 89% were unintentional.
- These injuries resulted in more than \$46 million in charges by hospitals and an average hospital stay of 7.7 days.

## Fire Safety Tips

- Install smoke alarms on every level and in every sleeping area of your home. Test the smoke alarms every month and replace batteries as needed. (Refer to manufactures instructions)
- Replace smoke alarms every ten years with smoke alarms that come with a 10-year battery if possible.
- Develop and practice a home fire escape plan with a designated meeting place outside.
- Know how to Stop, Drop, and Roll if clothes catch on fire and how to Stay Low and Go when exiting a burning building.
- Avoid dressing children for sleep in loose-fitting, 100 percent cotton garments, i.e. oversized t-shirts.
- Teach children not to hide from firefighters; but to get out quickly and call for help from another location.
- Never smoke when lying down, drowsy, or in bed.
- Keep space heaters at least three feet away from anything that can burn. Unplug heaters when they are shut off, you leave your home, or go to bed.
- Wear tight-fitting or rolled-up sleeves when cooking. If a pan of food catches fire, slide a lid over it and turn off the burner.

## Burn Prevention Tips

- Set your water heater thermostat to 120 degrees Fahrenheit or below.
- Use back burners and turn pot handles to the back of the stove when cooking.
- When using the microwave, be careful of steam escaping from containers.
- Keep hot foods and liquids away from table and counter edges.
- Never leave young children alone, especially in the bathroom or kitchen.
- Consider alternate cooking equipment (slow cookers, toaster ovens or microwaves) placed on lower counters or tables if the stove or oven is too high to reach safely.

### Resources:

Safe Kids USA  
[www.usa.safekids.org](http://www.usa.safekids.org)

Children's Burn Foundation  
[www.childburn.org](http://www.childburn.org)

American Burn Association  
[www.ameriburn.org](http://www.ameriburn.org)

National Fire Protection Association  
[www.nfpa.org](http://www.nfpa.org)

FireSafety.gov  
[www.firesafety.gov](http://www.firesafety.gov)

Virginia Department of Fire Programs  
[www.vafire.com](http://www.vafire.com)