



Sparky the Fire Dog® is a registered trademark of the NFPA.

# Safety Educator



Most scalds occur within the home. Scald burns are typically related to ordinary activities like bathing, cooking and eating. Scald injuries can happen at any age. Children under the age of 4, older adults and people with disabilities are at high risk of burn related death and injury. Hot liquids from bath water, beverages and microwaved foods can cause devastating injuries. Hot tap water accounts for nearly one in four of all scald burns among children and is associated with more deaths and hospitalizations than any other hot liquid.

Follow these safety tips:

- Lower water heater temperature settings to 120\* F (49\*c) or less.

- When filling the bathtub, turn on cold water first. Mix in warmer water carefully.

- Check water temperature by rapidly moving your hand through the water. If the water feels hot to an adult, it is too hot for a child.

- When placing a child in the tub face them away from faucets and close to the other end of the tub.

Scalds also occur in the kitchen and dining room. Many of these can be prevented by:

- Always supervise children in the kitchen and dining areas.

- Keep pot handles turned inward; use oven mitts or pot holders. Keep clothing from coming into contact with flames or heating elements.

- Keep children away from everything that is hot. Do not hold a child while cooking.

- Follow instructions and cautions for heating items in a microwave oven.

- Do not use deep fryers with children present.

For more information:

[www.nfpa.org/education](http://www.nfpa.org/education)

[www.safekids.org/](http://www.safekids.org/)



## Treating A Burn

Burns are one of the most common household injuries.

Severe burns should be treated by a doctor, but mild burns can be treated at home.

1. Run cool tap water over the burn for at least 5 min-

utes. Do not use very cold water or ice. If the burned area is on the hand or foot, fill a bowl with cool water and allow the burn to soak.

2. Dry the burn gently by patting, not rubbing. Apply aloe vera gel or a soothing burn gel to the area.

3. Apply a clean, loose dressing to keep the burn

covered during the healing process. Do not wrap the burn tightly.

4. Take ibuprofen or acetaminophen to reduce pain and swelling.

5. Call your doctor if you notice any severe redness or streaking.

[www.mayoclinic.org](http://www.mayoclinic.org)

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### National Burn Awareness Week:

February 2-8, 2014



**3rd Graders:** Sparky the Fire Dog NEEDS your help. See pg 4 for details.

## Clothes Dryer Safety

Doing laundry is most likely a part of your family's every day routine, but did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.



One of the most common causes of dryer fires is lack of maintenance. When lint traps aren't cleaned as often as they should be, the resulting build-up in the screen or other areas can cause the dryer to perform poorly, operate at elevated temperatures and possibly overheat – with dangerous consequences. Vent systems must also be checked and cleaned to maintain proper air flow for the same reasons.

An important safeguard your family can take is to ensure that your dryer has rigid or flexible metal venting and ducting materials to help sustain airflow. This will also reduce operating costs and extend the life of the dryer and clothing due to lower drying temperatures.

### Additionally:

- Clean the lint trap before and after drying each load of clothes.
- Don't forget to clean the back of the dryer where lint can be trapped.
- The interior of the dryer and venting system should be cleaned

periodically by qualified service personnel. If you notice the drying time is longer, clean the vent system thoroughly to ensure proper airflow.

- Replace plastic or vinyl exhaust hoses with rigid or flexible metal venting.
- Do not dry clothing/fabric on which there is anything flammable (alcohol, cooking oils, gasoline, spot removers, dry-cleaning solvents, etc.). Flammable substances give off vapors that could ignite or explode.
- Don't forget to read manufacturers' warnings in use and care manuals that accompany new dryers. Also, warning markings can usually be found on the inside of the dryer's lid and take only minutes to read.

[www.nfpa.org/education](http://www.nfpa.org/education)

## Winter Fire Safety Reminders

While a warm home and a hot meal on a cold winter's day may conjure up thoughts of safety and security, the unfortunate reality is that winter is the leading time of year for home fires in the United States.

NFPA and USFA recommend these safety tips to prevent winter home fires:

- Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen for even a short period, turn off the stove.
- Space heaters need space. Keep anything that can burn at least three feet away from each heater.
- Avoid using space heaters in bathrooms or other areas where they may come in contact with

water.

- Check electrical cords often and replace cracked or damaged electrical or extension cords. Do not try to repair them.
- Never use your oven or stovetop to heat your home. They are not designed for this purpose and can be a fire hazard. In addition, carbon monoxide (CO) gas might kill people and pets.
- Frozen Water pipes? Never try to thaw them with a blow torch or other open flame. The pipe could conduct heat and ignite the wall.
- Never discard hot ashes inside or near the home. Ashes stay hot

for a very long time. Always place them in a metal container outside and well away from the house.



**PLEASE assist your fire department by clearing fire hydrants from snow.**

and well away from the house.

- Keep flammable materials away from your fireplace mantel. A spark could easily ignite these materials.

- If you smoke, use only fire-safe cigarettes and smoke outside.
- If windows are used as emergency exits in your home, practice using them in the event of a fire. Be sure all windows open easily.

[www.usfa.fema.gov](http://www.usfa.fema.gov)  
[www.nfpa.org/education](http://www.nfpa.org/education)

# HOME HEATING SAFETY



[www.nfpa.org/education](http://www.nfpa.org/education)

[www.usfa.fema.gov](http://www.usfa.fema.gov)

There is something about the winter months and curling up with a good book by the fireplace. Did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening. Be warm and safe this winter!

**Follow these safety tips in your home regardless of what type of heating system you use:**

- ▶ Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- ▶ Only use heating equipment that

- open fires and space heaters.
- ▶ Never use your oven to heat your home.
- ▶ Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- ▶ Maintain heating equipment and chimneys by having them cleaned and inspected every year by a qualified professional.
- ▶ Remember to turn portable heaters off when leaving the room or going to bed.
- ▶ Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.

has the label of a recognized testing laboratory.

- ▶ Have a three-foot "kid-free zone" around

- ▶ For wood burning stoves, install chimney connectors and chimneys following manufacturer's instructions or have a professional do the installation.
- ▶ Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- ▶ Make sure all fuel-burning equipment is vented to the outside to avoid carbon monoxide poisoning.
- ▶ Install and maintain carbon monoxide (CO) alarms to avoid the risk of CO poisoning.
- ▶ If you smell gas in your gas heater, do not attempt to light the appliance. Turn off all the controls and open doors and windows. Call a gas service person.

## Preventing Injuries at Home

What do climbing on furniture, playing near an unsecured window and swinging from a jungle gym have in common? They can all lead to the number-one cause of unintentional injuries for kids under 14: **falls**. Young children are still developing mobility and coordination and can be prone to injuries caused by falls. Always actively supervise your little kid as he explores around the home.

- **Do not place toys** or items that attract children on top of furniture on top of furniture.
- **Place furniture** away from windows, and secure it to the wall with

anchor straps.

- **Safety gates** at the tops of stairs must be attached to the wall, as these are more secure than the kind held in place by outward pressure. Actively supervise toddlers on stairs. Hold their hands when climbing up and down stairs.
- **Make sure stairs are clear** of toys and other objects.
- **Install safety guards on windows.** Screens are meant to keep bugs out, not children in.
- **Keep windows locked** when they're



closed.

- **Use non-slip rugs** on the floor and mats or decals in the bathtub or shower.
- **Use night lights** in your child's bedroom, the bathroom and hallways to prevent falls at night.
- **Keep babies** and young children safe by strapping them into seats or carriers and using stationary play centers.
- **Use and encourage appropriate** seasonal recreational safety equipment.

[www.safekids.org](http://www.safekids.org)



### Preschool Learn Not to Burn Program® Behavior #4: Cool A Burn

Teach your child how to "Cool a Burn." with this safe and fun visual learning activity.

1. Discuss ways with your child how they could receive a burn.
2. Tell your child that they

are going to pretend to burn their hand by painting one hand with washable paint to simulate a burn.

3. Have your child cool the "burn" by running water over it until the washable paint washes away.

4. Discuss with your child which adults or caregivers they could get to help them in case of an emergency (older siblings, babysitters, parent, relative, friend's parent, teacher, etc)



## Safety Educator

### THE NEW HAMPSHIRE STATE FIRE MARSHAL'S OFFICE

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Find Us on Facebook & Twitter!



### Calling ALL CREATIVE 3rd Graders!

Sparky the Fire Dog needs your help in getting fire and life safety messages out! Enter our 2nd Annual Fire and Life Safety Calendar contest.

Visit our [website](#) to learn more details!

It is our hope that you find this edition of the New Hampshire State Fire Marshal's newsletter, *Safety Educator* to be helpful in assuring that the homes and lives of the citizens within the state of NH are made and kept as safe as possible. We ask that you share this information with family, friends and neighbors. Together we can keep our community safe. Should you need any assistance please do not hesitate to contact your local fire department or the NH State Fire Marshal's Office. We look forward to hearing your comments about our Safety Educator Newsletter.

Any Questions or Comments please feel free to contact:

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[www.nh.gov/safety/divisions/firesafety](http://www.nh.gov/safety/divisions/firesafety)

## Kids Can Be Firefighters Too! Practice Life and Fire Safety Skills Online!



Check out these kid friendly websites related to fire and life safety.



[www.smokeybear.com/kids](http://www.smokeybear.com/kids)



[www.sesamestreet.org/ready](http://www.sesamestreet.org/ready)



[www.ready.gov/kids](http://www.ready.gov/kids)



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