Keep Your Family Safe
A Checklist To Prevent Scald Burns

☐ Set your water heater at 120 degrees F/48 degrees C, or just below the medium setting.

☐ Use a thermometer to test the water coming out of your bath water tap.

☐ Run your hand through bath water to test for hot spots.

☐ Use back burners and turn pot handles toward the back of the stove so children cannot pull them down.

☐ Use oven mitts when cooking or handling hot food and drinks.

☐ Stir and test food cooked in the microwave before serving. Open heated containers away from you from back to front.

☐ Keep children away from the stove when cooking by using a safety gate for younger children and marking with tape a 3-foot “no-kid zone” for older children.

☐ Keep hot drinks away from the edge of tables and counters and avoid using tablecloths and placemats.

☐ Use a “travel mug” with a tight-fitting lid for all hot drinks.

☐ Never hold or carry a child while you have a hot drink in your hand.