

S A F E T Y N O T E S

February 2013

BURN AWARENESS

The first full week of February is designated National Burn Prevention Week by the American Burn Association and Shriners Hospitals.

Scalds disproportionately impact children under 5, elderly over age 75 and persons with mobility challenges. Many scalding burns occur in bathtubs, showers or kitchens.

Apartment managers should make sure the temperature of the hot water tank is set at 120° Fahrenheit. Tenants can test water temperature at their faucet by running hot water for about 1 minute and then placing a candy thermometer in the running water.

When it is difficult to maintain a steady 120° F temperature at the faucets, there are a variety of anti-scald devices that can be installed at relatively low cost to prevent scalding water from coming out of the tap.

Serious burns can occur within 30 seconds in water that is heated to 130° F. At 160° F, someone will suffer a third degree burn in just 1 second! Scalding incidents often lead to additional injuries, e.g. heart attack, shock, and falls resulting in broken bones, especially among the elderly. Scalds and other burns require extremely expensive and painful treatment.

As with other injuries, scalds can be prevented by following these bathroom and kitchen “rules” that reflect causes of scald tragedies.

- Begin filling the tub with cold water and then add hot water.
- Always test the bathwater before putting a child into the tub.
- Never leave a small child alone in the bathtub, even for a second.
- Always boil water on the back burners and keep handles turned away from the front of the stove.
- Never drink a cup of hot coffee or soup while holding an infant or toddler.
- Never use tablecloths when a toddler can pull them off, along with containers of hot soup, gravy or coffee.
- Prevent electric cords attached to coffee makers or crock pots from dangling where small children can reach up and pull the scalding contents onto themselves.



HANDS ONLY CPR

Associating February with happy hearts and Valentines, it's time to again review our readiness to save a life with basic CPR skills! More than 80% of sudden cardiac arrest deaths occur in the home.



In an effort to reduce heart attack fatalities, Spokane AMR (American Medical Response) ambulance service will come to your site to instruct employees and tenants on compression only CPR. To arrange for this free class, call Cathy at (509) 323-8829 or email Cathryn.st.amand@amr.net.

Spokane Fire Department also invites you and your tenants to view our 6-minute "Hands Only CPR: Saving Lives in Spokane" video at www.spokanefire.org. This presentation teaches you important background information on Hands Only CPR and shows you exactly how to deliver the 100 chest compressions per minute while waiting for the paramedics to arrive.

Please encourage your staff and tenants to become more familiar with Hands Only CPR this month. Somebody's heart will thank you!

NEW CPSC WEBSITE

The newly revised Consumer Product Safety Commission (www.cpsc.gov) website can keep you informed of a wide range of product recalls that may affect your tenants, staff and properties.

For example, "Switch-it" stepladders / stepstools sold exclusively at Home Depot for about \$90 were

recalled in December because the inner side rails can separate from the outer rails and cause falls. Customers who purchased this ladder can contact Wing Enterprises at 855-595-3378 for a free replacement of the front outer section.

The CPSC website contains a ton of helpful facts. In addition to product recalls, the home page currently provides information on carbon monoxide poisoning, the need for anti-tip brackets on free-standing ranges, television stands and dressers as well as background information on the danger to young children and teens from magnetic novelty desk-top toys.



When you check out the website, you will have the answer to these questions!

1. How many persons are seriously injured each year in the U.S. because appliances or furniture tip over on them? (1,600, 15,000 or 43,000?)
2. True or False: Over half a million children's pajama sets sold at Target last fall were recalled in January because they failed to meet flammability standards.
3. Small and colorful, single-load liquid laundry packets injured 500 persons in 2012 by causing which condition: loss of consciousness, throat swelling, eye burns, or all of these injuries?

Answers to quick quiz: (1) 43,000; (2) True; (3) ALL

You can sign up for this monthly newsletter, ask a fire-related question or suggest a specific safety topic by contacting Jan Doherty at jdoherty@spokanefire.org or by calling (509) 625-7058.



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