

Stop, Drop and Roll

With more than 15, 000 people being seriously burned each year when their clothes catch on fire, it is extremely important that we teach kids to Stop, Drop and Roll. Burns are the third leading cause of unintentional death in the United States. Burns are very painful both emotionally and physically. *Educators and fire service need to teach children that you should never run if your clothes catch on fire.*

The steps to STOP, DROP AND ROLL are simple:

1. **Stop.** Do not run if your clothes catch on fire.
2. **Drop** to the floor.
3. Cover your face with your hands to protect it from the flames.
4. **Roll** over and over to smother the fire. Don't stop until the flames have been extinguished.

Once the fire is out, you must treat a burn injury. The most important action is to quickly put cool water on the skin. This will cool the burn and reduce the severity of the injury. Next, remove clothing, as long it is not sticking to the skin. Finally, wrap the burn loosely in a clean cloth. Seek medical care or call 911.

In young children the most common cause of burns is hot liquid. Keep children away from hot liquids and keep hot liquids under constant watch when children are present. *Other hazards that can burn children are:*

- **Stoves:** Use the back of burners instead of the front ones. Keep pot handles turned in.
- **Electric cords:** Keep electric cords and appliances away from the edge of counters.
- **Bath Water:** Keep your hot water heater on a lower setting and be sure to test bath water with your wrist before placing children in the tub. Always supervise children while they are bathing or around water.
- **Hot liquid:** Don't leave hot drinks and soups unattended. Set containers back from edges of tables and countertops.

