

National Fire Prevention Week
October 3 - 9, 2021



HARBORVIEW
INJURY PREVENTION
& RESEARCH CENTER

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Each year, more than 400
Americans die from
unintentional CO poisoning not
linked to fires, more than 20,000
visit the emergency room, and
more than 4,000 are hospitalized.

Source: Centers for Disease Control and Prevention

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What is Carbon Monoxide?

Carbon monoxide, or “CO,” is an odorless, colorless gas that can injure or kill.

Where is CO found?

CO is found in fumes produced when fuel is burned in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, or furnaces.

What are the symptoms of CO poisoning?

The most common symptoms of CO poisoning are headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. CO symptoms are often described as “flu-like.”

Source: Centers for Disease Control and Prevention

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How to prevent CO poisoning in your home?

- Install a battery-operated or battery back-up CO detector in your home.
- Have your gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Have your chimney checked or cleaned every year.
- Never use a gas range or oven for heating.
- Never burn charcoal indoors.
- Never use a portable gas camp stove indoors.
- Only use a generator inside your home or garage near an open window or door. Always have a CO detector in your home.
- Buy gas equipment carrying the seal of a national testing agency, such as Underwriters' Laboratories.

Source: Centers for Disease Control and Prevention

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Every day, **435 children ages 0 to 19 are treated in emergency rooms for burn-related injuries** and two children die as a result of being burned.

Younger children are more likely to sustain injuries from scald burns that are caused by hot liquids or steam, while older children are more likely to sustain injuries from flame burns that are caused by direct contact with fire.

Source: Centers for Disease Control and Prevention

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Protect Your Child from Burns in the Home

- *Avoid hot spills.* Don't cook, drink, or carry hot beverages or foods while holding a child. Keep hot foods and liquids away from table and counter edges. Turn the handles of your pots and pans toward the rear of the stove and use back burners when possible.
- *Establish 'no' zones.* Block access to the stove, fireplace, space heaters and radiators.
- *Keep hot devices out of reach.* Store items designed to get hot, such as clothes irons or curling irons, unplugged and out of reach.
- *Test food temperature* before feeding children.

Source: Mayo Clinic

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Protect Your Child from Burns in the Home

- *Reduce water temperature.* Set the thermostat on your hot water heater below 120F (48.9C).
- *Choose a cool-mist vaporizer.* They prevent steam burns.
- *Address outlets and electrical cords.* Cover unused electrical outlets with safety caps. Keep electrical cords and wires out of the way and replace frayed or worn electrical cords.
- *Choose fire-resistant fabrics.* Check labels to make sure mattresses and pajamas meet federal flammability standards.

Source: Mayo Clinic

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Protect Your Child from Outdoor Hazards

- *Create a "kid-free zone"* of at least 3 feet around grills, fire pits and campfires. Never leave them unattended.
- *Check car seats.* Before placing your child in a car seat, check for hot straps or buckles. If you park in direct sunlight, cover the car seat with a towel or blanket.
- *Avoid backyard fireworks.* Don't let children play with or near fireworks or sparklers.