



HOW **HOT** IS THE WATER IN YOUR HOME?

Hot Water Can Burn Those For Whom You Provide Support

THE GOOD NEWS: Scalds are easily preventable!

Each year, thousands of children and adults are burned by tap water that is too hot. These burns can be prevented!

The major cause of scalds in homes is a water heater set too high:

150 F degree water scalds in just 1/2 second!

140 F degree water scalds in just 1 second!

But it takes four minutes for water at 120 F degrees to scald.

W426-Federal ICF/MR Guidelines require water at 110 F degrees to insure safety of residents!

Boarding Home WAC 388-78A-090 requires "(4) Provide all sinks and bathing fixtures used by residents with hot water between one hundred five and one hundred twenty degrees Fahrenheit at all times..."

Each year, approximately **3,800 injuries and 34 deaths** occur in the home due to scalding from excessively hot tap water. The majority of these accidents involve the elderly or people with disabilities and children under the age of five. The U.S. Consumer Product Safety Commission (CPSC) urges all users to lower their water heaters to 120 degrees Fahrenheit. In addition to preventing accidents, this decrease in temperature will conserve energy and save money.

MAKE YOUR HOME SAFER – GET YOUR HOT WATER CHECKED IMMEDIATELY!

Clients who are unable to safely regulate water temperature will require assistance from providers to ensure that the water temperature is between 105 and 120 degrees Fahrenheit at all times.

Electric Water Heaters

Call your local electric company to adjust the thermostat. Some companies offer this service at no charge. You may also contact the landlord to make sure that the water temperature in your household is set at a level that does not cause a health or safety concern. You can check the temperature yourself by holding a thermometer (one used to measure liquids) under the faucet to check water temperature. Hot water should not be used for at least two hours prior to setting.

Gas Water Heaters

Because thermostats differ, call your local gas company for instructions. Where precise temperatures are not given, hold a thermometer (one used to measure liquids) under the faucet for the most accurate reading first thing in the morning or at least two hours after water use. If the reading is too high, contact the appropriate agency or landlord to adjust the thermostat on the heater, according to manufacturer's instructions, and check again with thermometer.

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First Aid for Scalds

- Quickly remove clothing if you can. This helps the heat escape from the skin. Leave the clothes on, however, if stuck to the skin. This will avoid further major skin damage.**
- Immediately pour lots of cold water gently over the scald for 15 to 20 minutes.**
- Never use ice, oil, butter or ointments. These can further damage the skin.**
- Cover the scald with a clean cloth.**
- Keep the person warm with a blanket.**
- See a doctor if the scald is on the hands, feet, genitals or buttocks; if it is larger than a dime, or blistered.**
- In an emergency, telephone 911 for assistance.**