



TIGHT-FITTING, FLAME-RESISTANT SLEEPWEAR IS YOUR SAFEST CHOICE.

BURN INJURIES ARE PREVENTABLE.



What if your child's clothing catches on fire?

- ★ Stop, drop and roll. All children should know how to do this. Practice with them often.
- ★ Remove clothing from the burned area. If the material sticks to the skin, cool it, and leave it alone.
- ★ Cool the burned area for a short time with cool, not cold water. Never put ice or cold water on a burn. Ice and cold water can make the burn worse.
- ★ Cover the burn with a clean, dry cloth. Keep the child warm and calm.
- ★ Call 911 or other emergency number. Seek medical attention.



As parents and others who care for children, it is your job to keep them safe from harm. Children need to be taught to stay away from all heat or flame sources to prevent burns. Curious children who play with fire are at high risk for catching their clothing on fire. This can happen any time, day or night. Matches and lighters should always be kept up high, out of the reach of children.

When it comes to sleepwear, the best type to purchase is tight-fitting sleepwear that is labeled flame-resistant, or 100 percent polyester. Flame-resistant is not flame-proof, but it does decrease the fire risk. If you choose to let your child sleep in non-flame resistant clothing, the garment should be almost skin tight. Never allow your child to sleep in a large, roomy T-shirt or other loose-fitting clothing.

Older adults and people with disabilities are also at increased risk of burns due to clothing ignition. They should also choose snug-fitting or flame-resistant polyester sleepwear.



For more information relating to burn prevention or care contact:

**Burn Outreach Education
(316) 946-5048**

For immediate information for a burn injury call:

Your own physician, 911 or other emergency number



WICHITA SAFE KIDS

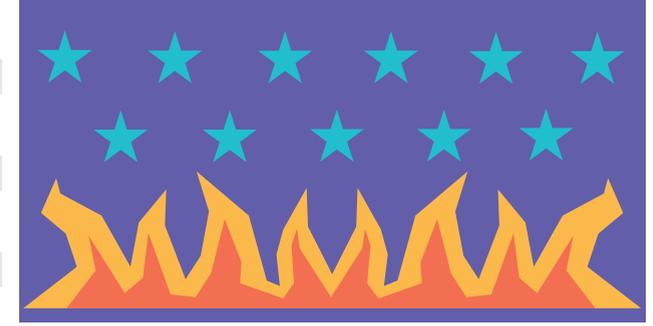
(316) 946-5046



Via Christi
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SLEEPING SAFE

BURN INJURY PREVENTION



WHICH TYPE OF SLEEPWEAR WOULD YOU RATHER YOUR CHILD SLEPT IN TONIGHT?



Via Christi
Regional Medical Center



SLEEPING SAFE

BURN INJURY PREVENTION

Children are at high risk of burn and fire injuries and deaths. Preschool children are twice as likely to die from a fire than are people of other ages.

Do You Know?

Approximately 90 children in the United States are burned every year while wearing sleepwear. Most of the burns occur while wearing either loose-fitting nightgowns or pajamas. Another 300 children are burned while wearing other types of clothing for sleep, mostly loose-fitting T-shirts.

You can decrease your child's risk of burns. This brochure will help you choose the safest types of garment for your child's sleeping. The photographs showing sleepwear burned on a frame will not accurately reflect burning as it would occur on a child. But, the dramatic differences between flame-resistant and non-flame resistant materials are obvious.



SAFEST CHOICE

Flame-Resistant Sleepwear

Material that is made of 100 percent polyester material is by nature flame-resistant. This resistance is not decreased with repeated washings. Flame-resistant sleepwear is currently available for sizes 0-6X and 7-14.

- ★ Ignition is very difficult
- ★ Once the flame is removed, the fire goes out
- ★ Material shrinks away from the heat sources, melts and forms holes
- ★ Flame spread is slow and self-extinguishing
- ★ Burn may be smaller if burn occurs

POOR CHOICE

Cotton or Cotton Blend Sleepwear

- ★ Very flammable
- ★ Ignites very easily
- ★ Flames spread rapidly and easily
- ★ Loose-fitting, oversized clothing such as T-shirts, nightgowns, sleep shirts and robes are extremely dangerous for children to wear as sleepwear. These easily come in contact with a flame source from fireplaces, stoves, candles, campfires and flames from matches and lighters.



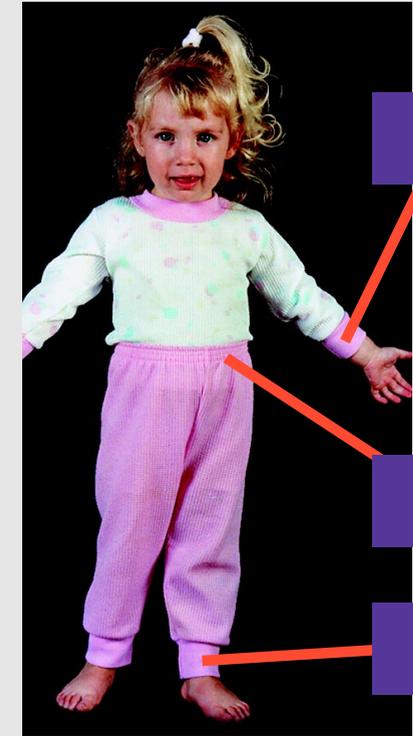
NOTE:

Trim and Decorations

Trim, decorations, lace and ornaments on sleepwear should also be made of flame-resistant polyester. All trim, regardless of material, should be no more than 1/8 inch long or 1/8 inch away from the surface of the garment.



ALTERNATE CHOICE



TIGHT FIT AT WRIST

TIGHT FIT AT WAIST

TIGHT FIT AT ANKLE

TIGHT-FITTING GARMENTS

Long underwear, ski pajamas

- ★ Reduces the risk of contact with flames
- ★ Decreases air between the garment and the child. Air is required for flaming
- ★ Must fit tightly at wrist, ankle and waist
- ★ Must be almost skin tight
- ★ Must be purchased to fit the child now, not large to fit later
- ★ Burn injuries may be less severe with tight-fitting garments than with looser-fitting garments