

A safety checklist to help prevent injuries from hot tap water.

People with physical, mental or emotional challenges are at high risk for injuries from contact with hot tap water. Especially vulnerable are individuals who have problems with:

- Mobility and independence
- Temperature sensitivity or recognition impairment
- Ability to summon assistance

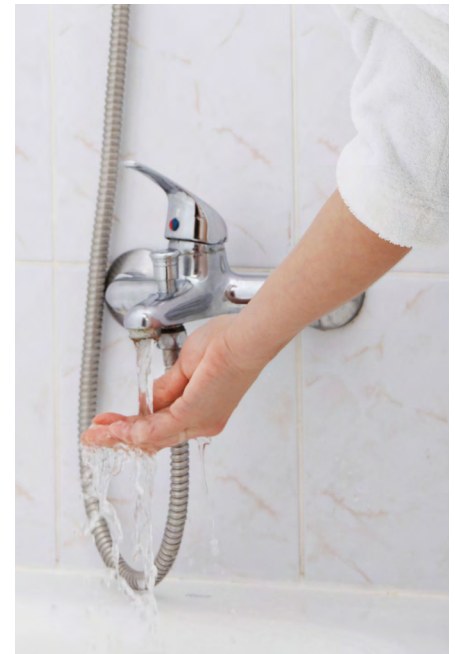
There are two types of temperature-related tap water injuries:

- **Scalding:** Burns caused when a person's body either contacts or is immersed in hot water.
- **Thermal shock:** Pain caused by a rapid change in water temperature, typically in a shower. In addition to burns, slips and falls may result from attempts to exit the shower.

Check *all* the boxes to help reduce the likelihood of injury in your facility.

Most U.S. plumbing codes are written to help prevent instances of scalding and thermal shock in showers, bathing, and handwashing facilities by limiting hot water temperature to a maximum of 120 F. Here are some additional safeguards you can take at your facility:

- Install engineering controls such as thermostatic mixing valves and anti-scald temperature reduction devices for shower heads and bathtub spouts and faucets. These controls are temperature-accurate and can be installed by a plumber in-line near the water heater or as part of the shower control.
- Set hot water temperature to 120 F at the hot water supply tank and conduct regular temperature tests at outlets. (Note: Lowering the supply tank water temperature too much may increase the risk of bacterial growth such as Legionella.)
- Record your test results on charts and keep them on file permanently.
- Always check water temperature at the tap before bather entry.



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