

The BurnNet News

September 2018, Volume 37, No. 9

BURNNET SURVIVORS MEETING

Thursday, **September 6**, 7:30-9:30pm

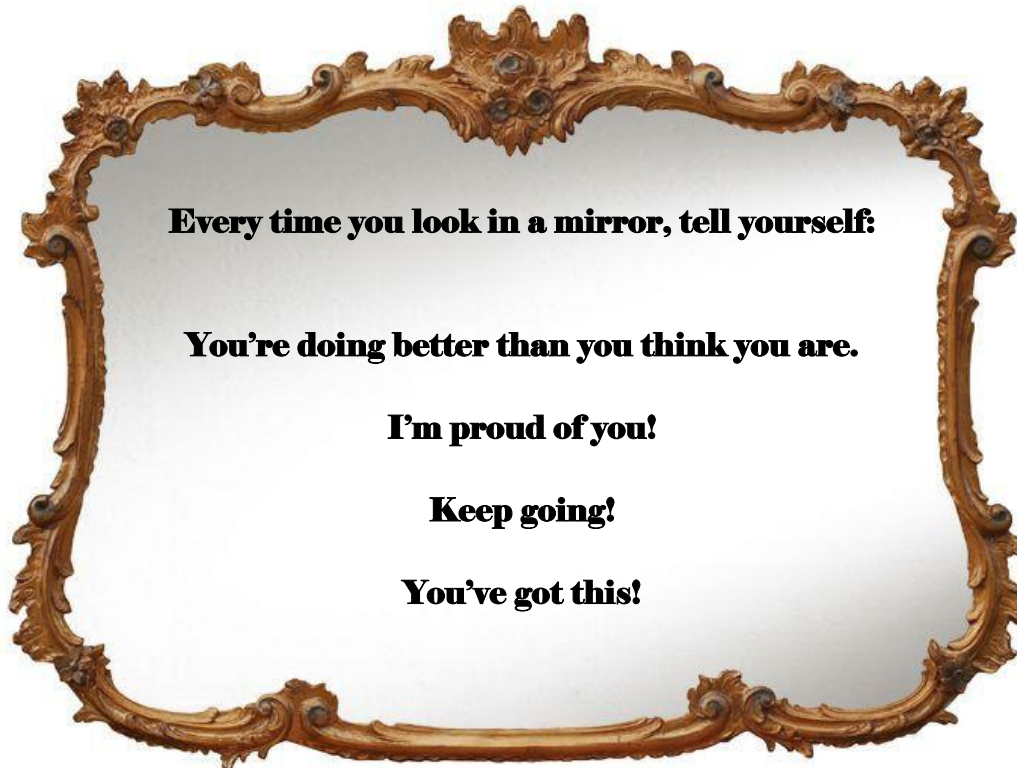
The BurnNet Survivors meet monthly to discuss issues and raise questions related to burns. Burn survivors, family members and significant others are invited. For more information, call (916) 734-5596.
Tower DCR North 1204 – First floor, near West Entrance



MARK YOUR CALENDAR



In preparation of the opening of the new North Extension Building and demolition of the current North South-Wing (where we currently hold our meetings), the BurnNet Survivors meetings will be held on the 7th floor of the Davis Tower, Room 7705, **starting Thursday, October 4, 2018**. They will continue to be held on the first Thursday of every month (unless it lands on a holiday) from 7:30 PM-9:30 PM. For more information, call (916) 734-5596.



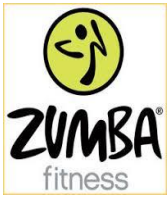
~Unknown

ARE YOU RECEIVING THE BURNNET NEWS VIA E-MAIL?

Would you like to be on the mailing list to receive The BurnNet News every month? Email Deb Jones RN at debjones@ucdavis.edu You can also find The BurnNet News at our website: www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html



UPCOMING EVENTS



AUGUST 26 BEAT THE HEAT ZUMBATHON

10:00AM - 2:00PM Orangevale Community Center, 6826 Hazel Ave, Orangevale
Join us as we "Beat the Heat" while exercising with some of Sacramento's best Zumba® Instructors and Sacramento's heroic Firefighters!

Tickets: \$25 each or 2/\$45 Event T-shirts and tanks will be sold on site or online.

Register online through Eventbrite: www.ffbi-zumbathon2018.eventbrite.com



SEPTEMBER 23 BURN COMMUNITY PICNIC

11:00AM - 2:00PM North Natomas Regional Park, 2501 New Market Drive, Sacramento

Please join us for free food, fun and fellowship. Make new friends and reunite with old ones. This picnic is open to all burn survivors and family members, firefighters, nurses and volunteers for Firefighters Burn Institute and staff. **Please RSVP by September 18th** for all attending guests to: Peri Henderson – peri@ffburn.org or call the office – (916) 739-8525 Hope to see you there!



NOVEMBER 2-4 LITTLE HEROES PRESCHOOL BURN CAMP

A burn recovery program designed for preschool burn survivors, ages 3-6 years old and their families to gain understanding to cope with the physical and emotional challenges of burn recovery, and meet other families who are overcoming similar challenges. Taylor Foundation Camp Arroyo, Livermore. **Applications being accepted now!** To attend, contact Marcos Reyes at (916) 739-8525 or marcos@ffburn.org



OCTOBER 20 5th ALARM CHILI COOK-OFF

6:00 - 10:00PM California Auto Museum, 2200 Front Street, Sacramento

Chili tasting, beer tasting, raffle, silent auction, live music and much more! Adults \$30, Child (under 12) \$15, Reserved table for ten \$300. Tickets through [Eventbrite](https://www.eventbrite.com) or FFBI 916-739-8525

PHOENIX WORLD BURN CONGRESS®

The Annual Phoenix World Burn Congress is coming to Grand Rapids, Michigan September 12-15, 2018!

The Phoenix World Burn Congress offers a unique atmosphere of burn survivors, families, healthcare providers and firefighters who come together as one caring community of support. Online Registration is now open! www.phoenix-society.org/wbc/location-registration

Check out "Phoenix WBC Slideshow 2017" from Phoenix Society on Vimeo.

<https://vimeo.com/239376209>

If you like this video, make sure you share it, too!



OTHER SUPPORT OPTIONS



Phoenix Society
for burn survivors

Phoenix Society for Burn Survivors

Find support and connection whenever you need it, wherever you are through Phoenix Society's active online community.

- **Peer Support Chat:** This weekly, moderated chat gives burn survivors a place to connect and discuss lifelong burn recovery.
- **Online Learning:** These free online courses are designed to empower burn survivors and their families with tools to handle social situations after a burn injury.
- **Resource Library:** Browse the resource library for burn survivor stories, information, and articles about the physical, emotional, and social aspects of recovery.
- **Blog:** Stories and tips by the burn community, for the burn community.

QUESTION...

My granddaughter was wearing a sweatshirt around a campfire. A spark flew out and she burst into flames! She is in a burn center (in another state) with 30% burns. I called the manufacturer of the sweatshirt and they said none of their children clothes are fireproof. How can that be?!!

~Angry Grandma

...AND ANSWER

The incident described is terrible. I am so sorry. I wish your entire family the best on your burn recovery journey. I recommend checking out the resources of the burn center your granddaughter is being treated in, as well as the Phoenix Society for Burn Survivors at www.phoenix-society.org

But back to your question- it's not just that one company that sells non-fire-proof children's clothing. There are no regulations regarding fire-resistant clothing, except as they relate to certain work uniforms. Also, most people do not know that there is no such thing as *fire-proof* clothing-even for firefighters, only fire-resistant.

There are regulations regarding children's sleepwear. But be aware that the U.S. Consumer Product Safety Commission defines children's sleepwear as any clothing item, including pajamas, robes, loungewear and nightgowns, sized for children 10 months of age to size 14 and intended for sleeping or sleep-related activities only. No manufacturer is obligated to make fire-resistant sleepwear for sizes newborn to 10 months, or "outdoor clothing" for any children.

ALL fabrics will burn, but some are more combustible than others. Untreated natural fibers such as cotton, linen and silk burn more readily than wool, which is more difficult to ignite and burns with a slower flame.

The weight and weave of the fabric will affect how easily the material will ignite and burn. Recommended fabrics offering better flame-resistance are materials with a tight weave. Heavy, tight weave fabrics will burn more slowly than loose weave, light fabrics, even of the same material.

The surface texture of the fabric also affects flammability. Fabrics with long, loose, fluffy pile or "brushed" nap will ignite more readily than fabrics with a hard, tight surface, and in some cases will result in flames flashing across the fabric surface.

Many people don't know that most synthetic fabrics, such as nylon, acrylic or polyester actually resist ignition! However, once ignited, the fabrics melt. This hot, melted substance causes localized burns.

When natural and synthetic fibers are blended, the hazard increases because the combination of high rate of burning and fabric melting usually will result in more serious burns. In some cases, the hazard may be greater than that of either fabric individually.

I'll end with a few campfire safety guidelines recommended by the American Burn Association:

- Build your fire in a designated ring/pit at least 15 feet away (preferably downwind from tent, brush and other flammable objects).
- Keep children a safe distance with a "circle of safety" at least 3 feet from the fire edge.
- Keep the fire small and manageable, with water nearby.
- Talk to children about campfire safety.
- Completely extinguish the fire and coals by pouring water, stirring, and pouring water again until it is cool. Never bury a fire.
- Don't use an accelerant such as gasoline, kerosene or aerosol sprays to start a fire.
- Never leave a fire unattended – EVER!
- Don't put anything other than wood into the fire.
- Don't build a fire if conditions are dry or if forest fire danger is High.
- Always assume the fire pit is hot and unsafe when arriving at a campsite. Coals from previous campers can still be hot!

~Deb Jones RN