Keep Children and Staff Safe from Burns While Warming Bottles

Did you know common methods of warming milk can cause injury from scalds and burns? Prevent these injuries in your program by using the following tips:

Follow PA State Regulations pertaining to warming formula/milk and water temperature:

§ 3270.166(7) Bottled formula may not be heated in a microwave oven. Microwave heating creates hot spots in liquids and foods which can cause severe injury.

§ 3270.69(b) Hot water temperature, in areas accessible to children, may not exceed 110° F. Temperatures over 110° F can cause burns in children.

Consider serving bottles cold from the refrigerator. Bottles do not have to be warmed. Many children enjoy their formula this way. Talk with parents about this safer option.

Follow recommended practices to avoid burns if choosing to warm formula/milk:
- Warm the bottle under warm, running tap water (maximum water temperature 110° F)
- Place the bottle in a container of warm tap water for no more than five minutes
- Test warmed milk in advance to make sure it is not too hot for the baby. The easiest way to test the temperature is to shake a few drops on the inside of your wrist.

Avoid the use of crock pots/slow cookers and bottle warmers to warm formula/milk.
- Children can pull appliances down onto themselves by tugging on the electrical cord.
- The “LOW” setting on a crock pot can be well above a safe temperature.
- Bottles removed from hot water can drip and cause burns.
- If hot water is spilled, clothing and diapers can hold hot liquid to skin causing a serious burn.
- Give appropriate first aid care according to the type, size, location and depth of the burn. Call Emergency Medical Services (911) if needed.
Follow precautions if a slow-cooking device or bottle warmer is used for heating formula/milk.
- Keep the appliance and electrical cord out of children’s reach at all times.
- The water temperature must not exceed 110°F (as stated in PA State Regulations).
- Warming device should be emptied, cleaned, sanitized, and refilled with fresh water daily.
- Use according to manufacturer’s instructions.

Additional Resources:
*Caring for Our Children, 3rd* edition (http://nrckids.org)
Use best practice standards to check your program’s current procedures
- **Standard 4.3.1.9 Warming Bottles and Infant Foods**
- **Standard 5.2.4.6 Electrical Cords**
- **Standard 4.3.1.3: Preparing, Feeding, and Storing Human Milk**
- **Standard 4.3.1.5: Preparing, Feeding, and Storing Infant Formula**

American Academy of Pediatrics [HealthyChildren.Org](http://HealthyChildren.Org)
More Information on warming bottles from the American Academy of Pediatrics

Direct questions about warming formula/milk to ECELS-Healthy Child Care PA. ECELS provides technical assistance to child care providers about health and safety in child care settings: ecels@paaap.org or 800/243-2357, 484/446-3003.