

## CONSERVE ENERGY BY USING WATER WISELY

### Repair leaky faucets promptly.

One drop a second can waste as much as 60 gallons of hot or cold water in a week.

### Do as much household cleaning as possible with cold water.

### Don't let sediment build up in the bottom of your hot water heater.

About once a month, flush the sediment out by drawing several buckets of water from the tank through the water heater drain faucet.

### Wash clothes in warm or cold water, rinse in cold.

Use hot water only if absolutely necessary.

### Fill washing machines.

Use a full load whenever possible. Exception: Machines that have small-load or variable water level settings. Do not overload them, however.

### Use washing machine soak cycle when washing heavily soiled garments.

This will avoid two washings.

### Take showers rather than tub baths.

Showers use less water than it takes to fill a tub. And, limit your showering time.

### Consider installing a flow restrictor in the pipe at the showerhead.

These inexpensive, easy-to-install devices restrict the flow of water to an adequate 3 or 4 gallons per minute.

## USE CARE, AND HOT WATER WILL ALWAYS BE A FRIEND!



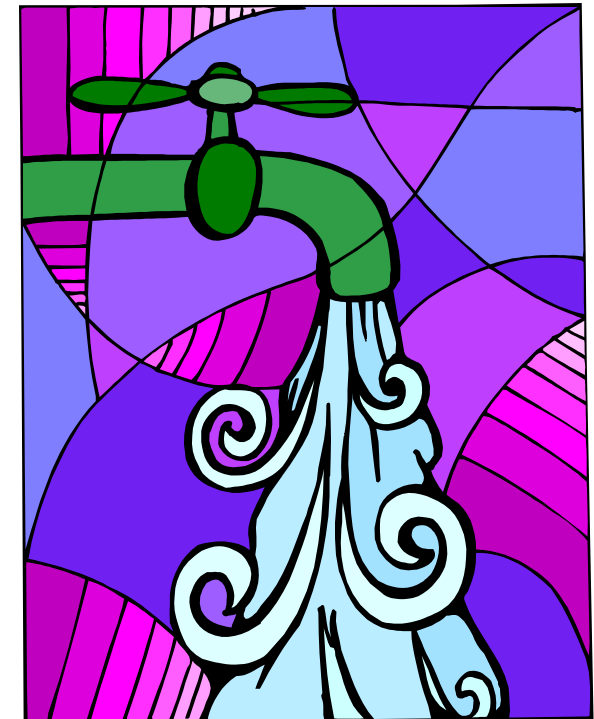
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# HOT WATER... friend or enemy?



## HOT WATER IS A FRIEND WHEN. . .

...it washes people.

...it washes clothes, dishes and other things.

...it relieves sore muscles.

## HOT WATER IS AN ENEMY WHEN. . .

...it scalds people.

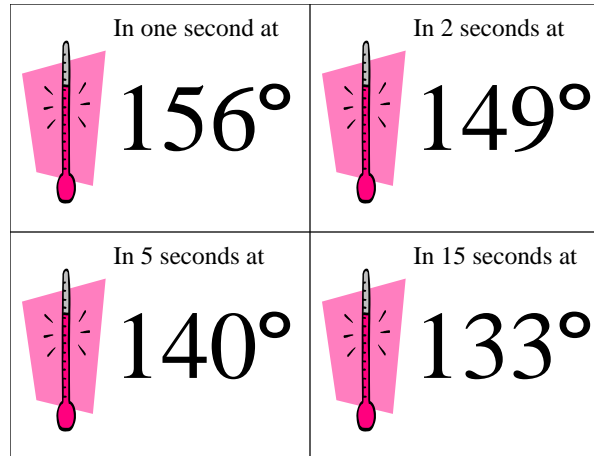
Hot water is a great convenience in the home. But, it can cause a serious burn—quickly. It can maim or even kill.

Very young children, handicapped and elderly people are particularly vulnerable to tap water burns. *Scalds are the number one cause of burns to children under the age of 5 years.*

Children cannot always tell the hot from the cold water faucets. They have delicate skin and often cannot get out of hot water quickly.

Elderly and handicapped persons are less agile and more prone to falls in the bathtub. The skin of elderly people has thinned and is more susceptible to burns.

## HOT WATER CAUSES THIRD DEGREE BURNS...



## CHECK YOUR TAP WATER TEMPERATURE.

Unsure what your hot water temperature setting is? Let hot water run for three to five minutes. Test the temperature with a candy, meat or water thermometer. Set the temperature on your water heater thermostat. Wait a full day to allow the water temperature to change, then retest and readjust the thermostat, if necessary.

Set your water heater thermostat to low, which is about 120°. That is a sufficient temperature to wash clothes and dishes.



## HOT WATER BURNS ARE 100% PREVENTABLE.

**Keep hot liquids out of the reach of children.**

Babies—the most frequent victims of hot liquid scalds—need only a split second to grab a coffee cup or bump a sipping adult's arm. Spilled hot coffee or tea, usually hotter than 160°, will cause severe injury. Consider using a travel mug anytime you are drinking a hot liquid in your home. The opening on the mug is small and can usually be closed, allowing a much smaller amount of hot liquid to be spilled if it is tipped over.

Toddlers can spill hot liquids by pulling at tablecloths, pot handles and cooking appliance cords. They may be underfoot while you're carrying pots around the kitchen. Protect babies or toddlers by placing them in a high chair or playpen during cooking and coffee hours.

**Supervise children and older people in tub baths.**

Young children are able to turn on the hot water by themselves. Elderly or handicapped people are prone to falling. They should never be left alone in the tub, even momentarily. Always test their bath water. It should be about 100°. Place children in the tub with their back to the faucet.