

First Aid: Burns



Burns Prevention & Safety Tips

- A common cause of burns in young children is scalds caused by hot foods and drinks – e.g. hot coffee, tea, or soup that they can reach and grab from tables or benches. Toddlers are at increased risk because they are becoming more mobile and curious about their environment. Ensure that hot foods and liquids are kept out of reach of young children and away from the edges of benches or tables where they can be pulled down.
- Always supervise children whilst in the kitchen.
- Install a child safety gate to prevent young children accessing the kitchen whilst you are cooking.
- Limit the temperature of hot water for the shower or bath to 50°C.



Burns First Aid

- As soon as possible, hold the burn under cool running water for 20 minutes only. This is useful for up to 3 hours after the burn.
- Remove clothing or jewellery that is not stuck to the burn, being careful not to further damage the skin. Sometimes you will need to cut clothing to remove it.
- Keep your child as warm as possible and try to target the burn with the cool water.
- Do not apply ice, creams, or any food items to the burn.

Seek medical help immediately if:

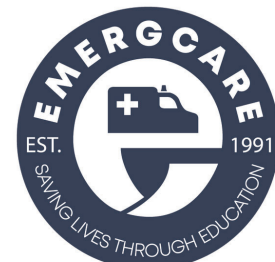
- The burn is deep, even if the child doesn't feel any pain
- The burn is larger than 3cm or has blisters
- The burn is on the face, hands, or genitals
- The burn is to the throat or airway
- You are concerned.

Cover the burn with a loose, non-stick dressing (e.g. plastic cling wrap) until the child receives medical attention.

If your child has a severe burn, call Triple Zero (000) immediately and follow instructions.

More Information:

- Royal Children's Hospital (Kids Health Information Fact Sheets): www.rch.org.au
- Kidsafe Victoria: www.kidsafevic.com.au
- Learn these skills by booking into a first aid course: www.emergcare.com.au



This information is not a substitute for first aid training or medical advice. Whilst all care has been taken in preparing this information, Emergcare takes no responsibility for its use by other parties or individuals, and recommends attending a first aid course.