

FIRST AID FOR BURNS

If you, or someone you know receives a burn, take the following actions:



REMOVE

Remove any clothing near the burn unless stuck to the skin. Clothes can hold the heat and cause a deeper burn.



COOL

Place the scald or burn under cool running water for a minimum of 20 minutes. Wrap the child in a blanket or towel to prevent them going into shock.



COVER

Do NOT use ice, oil, butter or ointments on the burn as these can further damage the skin.



SEEK

Seek medical attention if: clothing is stuck to the burn site; the burn is on the face, hands, lap or feet; or the burn is bigger than a 50 cent piece.

IN AN EMERGENCY, DIAL 000

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BURNS + SCALDS PREVENTION



EVERY YEAR IN VICTORIA, OVER A THOUSAND CHILDREN ARE TREATED IN HOSPITAL FOR A BURN OR SCALD INJURY. THE MAJORITY OF THESE ARE CHILDREN AGED BETWEEN 0 AND 4 YEARS.

A child's skin is thinner and more sensitive than an adult's and will therefore result in a more severe burn. Injuries from burns or scalds can cause a great deal of pain for a significant period of time and often result in scarring; in some cases, skin grafts are required. This can be traumatising for not only the child but for the entire family.

Most child burn and scalds injuries occur in the home, with the majority of these occurring in the kitchen. There are a number of different types of burns and scalds, including chemical, electrical, hot object, hot liquid, fire and friction. Most of these incidents are preventable with a bit of planning.

TOP CAUSES OF CHILD BURN AND SCALD INJURIES INCLUDE:

- Hot Beverages
- Water from saucepan/kettle/jug/billy/urn
- Food (liquid/solid)
- Coals/Ashes
- Water from tap/bath/shower
- Fat/Oil
- Vehicle Exhaust
- Treadmill
- Campfire/Bonfire/Burn-off

BURNS + SCALDS PREVENTION TIPS

The following tips can help keep your children safe from burns and scalds:

KITCHEN

- Keep children out of the kitchen, especially during meal preparation times.
- Use rear hotplates and ensure pot handles are turned inward and away from the edge of the stove.
- Use cordless kettles
- Install stove and oven guards.

HOT DRINKS

- Place hot drinks away from table edges and out of reach of children.
- Avoid holding a child when having a hot drink
- Use travel mugs with lids
- Avoid using a tablecloth if you have small children at home. If a child pulls on the corner of the tablecloth, hot objects might fall on them. Replace table clothes with non slip mats.



HOT WATER BURNS LIKE FIRE

Hot water at 60°C takes 1 second to cause a serious burn to a child.
At 50°C it takes 5 minutes.

For more comprehensive information, please visit kidsafevic.com.au



BATHROOM

- Control the delivery temperature of hot water in your bathroom to a maximum of 50 degrees.
- Always test the water temperature with a thermometer before bathing a child. The maximum bathing temperature recommended for young children is 38 °C.
- When running a bath always run the cold water first, and turn it off last.

FIREPLACES AND HEATERS

- Use space heaters carefully and teach children to stay away from them.
- Install guards around fires and heaters.
- Choose low fire danger clothing for children.

AROUND THE HOME

- Keep electrical items including irons, kettles and hair straighteners, out of reach of children.
- Store matches and lighters in a locked cabinet or where children can't reach them.
- Closely supervise children around BBQs.
- To prevent electrical burns, put covers on any electrical outlets that a child can reach.