

Burns

December 2020

Hot water burns like fire.



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

Check the temperature of hot water in your bathroom to make sure it isn't hotter than 50°C. If it is, you can contact a Licensed Plumber.

✓ **Check the temperature of the bath using a thermometer before putting your child in.**

Why? The best temperature for bathing a baby is 37–38°C (36°C for a newborn). If the water is too hot then it can burn your child.



✗ **Never hold hot drinks or food when holding your child.**

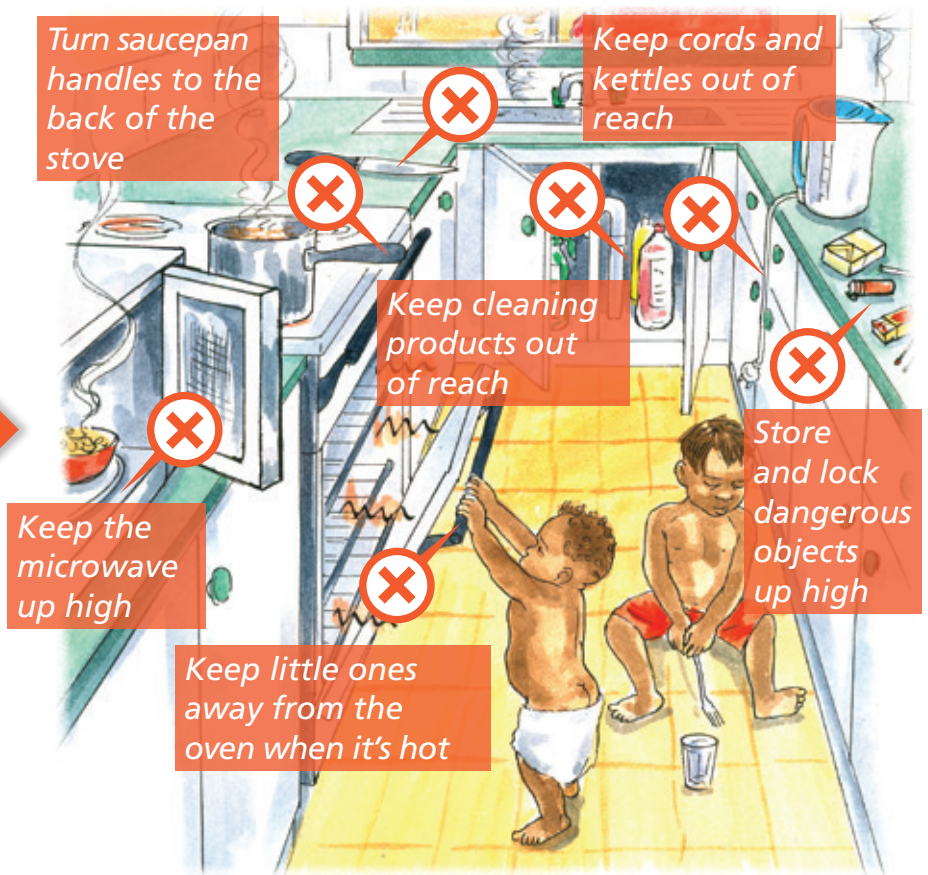
Why? Babies and toddlers move about quickly and can throw their arms around or lunge forward which can knock hot drinks spilling them over their bodies.

✓ **Put hot drinks well out of reach.**

Why? Young children like to explore and can pull drinks down on top of themselves.

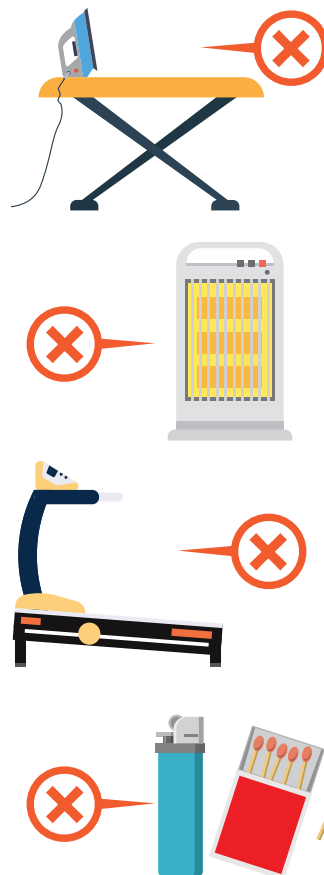
The kitchen can be a dangerous place for children because it has many hot objects like ovens, kettles and saucepans.

✓ You can stop your child coming into the kitchen by using a gate, especially when you are cooking.



✓ **Install smoke alarms in your home and regularly check that they are working by testing the batteries.**

Why? Smoke alarms help let you know that there is a fire and that you need to get out of the house.



✓ **Keep your child away from items that can burn including the iron, heater, treadmill and hair straightener.**

Why? Children should never play with matches and lighters as they can set their clothes on fire or burn down the house.

Campfires and hot coals can burn.

Always put the fire out with water not dirt.

Why? Because dirt covered fire can stay burning hot for more than 8 hours.



Watch your children around the campfire.



First aid: If your child gets a burn, place the area under cool running water for 20 minutes.

Why? It takes 20 minutes or longer for the skin to cool down and stop burning.

What to do:

- Remove all clothing and jewellery.
- Place under cool running water for at least 20 minutes.
- Cover with clean cloth or cling wrap to transport your child and stop infection.
- Seek medical attention if burn is bigger than a 20 cent piece.



Safety checklist to prevent burns

- ☐ Have you checked that the delivery temperature of water in your bathroom doesn't reach more than 50°C?
- ☐ Do you always check the bath water before placing your child in the bath, to check it's not too hot?
- ☐ Are you always careful to mix and test the temperature of microwaved food before feeding your child?
- ☐ Do you always put your child down before having a hot drink?
- ☐ Do you turn the iron and hair straightener off and put it out of reach when you are not using it?
- ☐ Some older children like to play with matches and lighters. Are matches and lighters stored well out of sight and reach of children? Preferably in a locked cupboard?
- ☐ Do you keep children out of the kitchen when food is being made?
- ☐ Do you know the first aid for a burn injury?

For more information, contact:

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