

Burns First Aid

REMOVE

Remove all jewellery from around the burn area. Remove any clothing and nappies around the burn area **unless it is stuck to the skin.**

COOL

Cool the burn under cool running water for 20 minutes. Cool the burn, warm the patient.

DO NOT use ice or creams as this can further damage the skin.

COVER

Cover the burn loosely with cling wrap or a clean, damp lint-free cloth.

SEEK

Seek immediate medical advice if the burn is:

- + larger than a 20 cent coin
- + on the face, hands, groin or feet
- + deep or infected
- + caused by chemicals, electricity or if signs of inhalation injury (blackening around mouth or nostrils, swelling of airways) are evident.

In an Emergency call 000 or 112 if your mobile is out of range or credit.

For further medical information contact your local Burns Unit or Hospital.



Kidsafe SA is here to assist you. This is general information and if you require specific advice please contact us to discuss further.

Kidsafe SA is the leading independent, not-for-profit organisation dedicated to the prevention of unintentional death and serious injury to children aged 0–15 years. We are committed to reducing the incidence and impact of unintentional injury.

79% of severe burns to children
HAPPEN IN THE HOME



Burns Prevention
and First Aid

Keeping
Young Children

SAFE

For more information, contact Kidsafe SA:

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Severe burn injury can be life threatening. Even small burns can be dangerous for the very young.

Babies and young children have fragile skin and their skin burns deeper and more quickly than adults and at lower temperatures.

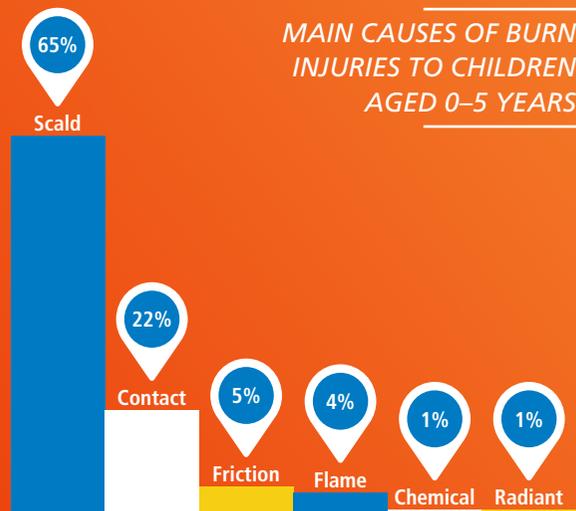
The majority of burns are PREVENTABLE and by being aware and making small changes, you can help to keep your family safe!

Causes

The most common type of burn injury for children aged 0–5 years is scalds. A scald is a burn caused by hot liquid or steam.

Most scald burns in this age group are due to young children mimicking adult behaviour.

This frequently results in burn injuries caused by pulling down hot drinks off tables, reaching up to grab handles of saucepans or by playing with the taps in the bath.



DATA SOURCE: Burns Registry of Australia and New Zealand, 2016/2017

How can I help my young child to stay safe?

Make simple changes around the home and teach your young child about unsafe areas and items. Take these steps to help keep your young child and family safe.

Reduce burns in the kitchen:

- Keep cups of hot drinks out of reach of children.
- Install a barrier to the kitchen to keep toddlers and pets away from cooking areas.
- Move appliance cords and saucepan handles towards the back of benches, tables and stoves.
- Stir and then check temperature of food cooked in a microwave.
- Teach your child basic kitchen safety. This can be done using toy kitchen sets or while cooking together.

Reduce burns in the bathroom:

- Lower the delivery temperature of hot water in your bathroom and ensuite to a maximum 50°C. Hot water from the tap at 60°C can burn a young child in less than a second! Contact a licensed plumber to install mixing valves that safely lower the delivery temperature of water.
- Always supervise children in the bath or shower.
- Turn the cold water tap on first and off last.
- Check bath water before placing a child in the water. If it feels too hot on the inside of your wrist it will be hot enough to burn a young child within seconds.
- Unplug and store hair dryers, straighteners and curlers in a secure cupboard.

Reduce burns around the home:

- Never drink a hot drink while holding a child.
- Keep matches and lighters in secure cupboards and out of reach of children.
- Use fire guards to shield young children from falling against combustion heaters or open fires.
- Use power boards instead of double adapters.
- Block power points with safety plugs.
- Keep candles away from curtains and other materials – **never leave them unattended.**
- Install and regularly check smoke alarms.
- Replace smoke alarm batteries every year at the start of winter.
- Use a safety guard for treadmills.
- Keep buckets of hot water out of reach of young children.
- Store chemicals and poisonous substances in original containers and out of reach of children.
- Encourage children to play in shade and to wear hats and suitable sun safe clothing.

