



BURNS & SCALDS

Children can suffer burns after contact with irons, heaters, cookers, matches, candles, fireworks, open fires, barbecues, cigarette lighters or any other hot surface. Young children are also particularly vulnerable to sunburn.

The most common single cause of scalds is hot drinks. Hot liquids cause 70% of all thermal injuries to children. Babies and toddlers are particularly at risk when they grasp cups and mugs of hot tea and coffee. Other common causes include hot oil or fat, water from kettles and steam. Children may also be scalded by hot water from the tap.

Burns and Scald Facts

- Most years in the U.K. over 42,000 children under 15 years are injured in burn and scald accidents. The majority (over 28,000) were under five years old.
- 95% of thermal injuries to children happened at home.
- Over half of all severe burns and scalds happened in the kitchen.
- 32 children under 15 years died as a result of house fires.

Over half of the children who go to casualty with a burn or scald are referred on for further hospital or specialist care and recovery may be long and painful. Many also have to live with permanent scarring.

What can be done to prevent burns and scalds?

Hot drinks

- Never pick up or hold a child or baby when you have a hot drink in your hand
- Keep mugs and cups away from the edges of tables and counters - out of sight and reach of young children

Kettles and saucepans

- Use kettles with short and/or curly cords and keep the cords well out of sight and reach of toddlers.
- Use back burners or elements when cooking and turn all pot handles away from edges

Hot water

Never leave a young child alone in the bathroom

- Ensure that hot water is delivered below 46°C
- Always run the cold water into baths and basins before hot
- Make sure that young children do not play with hot taps. Tap guards are available to help protect young children at bath time

Microwave ovens

- Always stir food or shake bottles heated in the microwave before giving them to a child – microwave heating can produce hot spots.

Cookers, hobs/hotplates and barbecues

- Keep children well away from hot surfaces (including oven doors)
- Remember that barbecues stay hot for several hours after use
- Make sure cookers or barbecues are secure and cannot be pulled over

Heaters and fires

- Fit fireguards to all heaters and fires. Never air clothes over the fireguards
- Remember radiators can get very hot. If possible do not put a child's bed next to a radiator.

Irons

- Do not use irons on the floor
- Unplug the iron immediately after use and put on a high work surface out of the sight and reach of your children while it cools down

Matches, cigarette lighters and candles

- Never leave candles burning unattended and do not allow children to play with them
- Always keep matches and cigarette lighters out of sight and reach of young children
- Teach older children about the dangers fire and use matches and lighters safely

Lithium Batteries

Found in remote controls, key fobs, greeting cards, children's toys to name a few and can cause severe burns to the mouth and throat—the airway and beyond. These small round batteries, usually smaller than a 5p can go unnoticed if one goes missing in the home... the painful truth is your child may have swallowed it and the burning has already begun. The only safety advice and prevention we can offer is to make sure your children and babies never come into contact with them...EVER

Phone Chargers and Electrical Burns

All children put objects into their mouth and this sometimes gets them into trouble. If you have a mobile phone charger, a laptop, a games console with the electric cable still plugged in then you are putting your baby or child at risk. The photo on the right was a laptop charger—still plugged in and the laptop removed. The crawling child put it in their mouth and received an electrical burn and a shock—a completely preventable unnecessary incident to have to deal with.

Hair Straighteners

The average hair straighteners heat to 2400 and take up to 45 minutes to cool down . This presents a problem to most households with small children of where to put them when cooling them down. Have in mind the pain—the suffering—the scarring—the post traumatic stress to the child when this can be easily prevented. Following years of operations and skin grafting your child maybe scarred for life....

Learn first aid – don't wait until it's too late

To book a baby and child lifesaving course, paediatric first aid course or community first aid course email me on carolehewisonltd@gmail.com call me on 07889182031
Or request information via the website firstforemostsafety.com

Do it today