



**keep hot drinks
out of my reach**

Every year, around 6,500 children under five like me are rushed to hospital because we've been scalded by hot water from a kettle or a hot drink.

Around 800 of us are so bad that we have to stay in hospital for five days or more. Sometimes we're so hurt, we die.

How often does it happen?

- Most serious hot water scalds from kettles happen to under 5s like me
- Almost all serious scalds from hot drinks happen to under 5s like me.

How do we get scalded?

- Our skin is much thinner than yours and will scald more easily
- We like to explore the world around us, so we reach out to touch and pull at things
- We tend to wriggle or kick when you are holding us which means we can jolt you while you are doing something
- We often get under your feet making you trip or stumble so that something spills.

Make sure we don't get scalded

- Keep your kettle well back from the edge of your kitchen worktop so that the kettle and cord are out of my reach
- Don't carry a kettle of boiling water across the kitchen and be careful when carrying your hot drink in case you trip
- Never pass hot drinks over my head in case you spill them

- Never hold me and a hot drink at the same time in case I jolt you and you spill it on me
- Keep hot drinks out of my reach so I can't grab them.

First aid

- Cool the scald immediately under a gently running cold tap for at least 10 minutes
- Remove clothing from the scalded area. If material is sticking to the skin don't pull away – cut around the fabric with a pair of scissors
- Don't touch the burn or burst any blisters
- Loosely cover the scald with clean, non-fluffy material to prevent infection. Cling film is ideal
- Get advice from your doctor, accident and emergency department at your local hospital or NHS Direct on 0845 4647.

It's really useful to do a first aid course. It might mean that you could save my life in a crisis.

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