

In an emergency

If a child has a burn or scald:

- ✎ Flood the area immediately with cool water for 10-15 minutes.
- ✎ once cooled, remove clothing from the injured area. If material is sticking to the skin, do not attempt to remove it – it needs to be removed by a medical professional
- ✎ if the burn or scald starts to hurt again cool again under cool water
- ✎ don't touch the injured area or burst any blisters as this can cause infection
- ✎ if possible, remove jewellery, rings, watches, etc from the burn or scald as the area may swell



- ✎ loosely cover the injured area with clean, non-fluffy material to prevent infection; cling film laid loosely over (not wrapped around) the affected area, is ideal
- ✎ don't put any creams, ointments, grease, antiseptic spray or adhesive dressings on the injured area
- ✎ get advice from a doctor, the accident and emergency department at your local hospital, or NHS Direct tel 0845 4647 (England and Wales); NHS 24 tel 08454 242424 (Scotland)
- ✎ if the burn or scald involves the face, hands, feet, joints or genitals, it should be seen by a doctor
- ✎ any burn or scald larger than a postage stamp should also be seen by a doctor

We strongly advise parents and carers to learn first aid.

For further information on first aid and first aid courses contact
British Red Cross www.redcross.org.uk
St John Ambulance www.sja.org.uk
St Andrew's www.firstaid.org.uk



capt is a charity committed to reducing childhood injury.

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how safe is your child from burns and scalds

a safety guide for parents and carers of young children



More than 500 children under five are taken to hospital every week because of burns and scalds.

Kitchen equipment along with food and drink cause more than half of all burns and scalds that happen in the home.

Find out how the following simple safety tips can help to make your home a safer place for children.



House fires

- ✎ the chances of surviving a fire when you are asleep are almost zero if you don't have a working smoke alarm. Fit smoke alarms on every level of your home and test the batteries every week. Change the batteries every year or get alarms that have ten year batteries, are wired to the mains or that plug into light sockets.
- ✎ if a smoke alarm keeps giving a false alarm, ask the fire and rescue service for their advice
- ✎ keep matches and cigarette lighters out of young children's sight and reach
- ✎ make sure you always put cigarettes and matches out properly
- ✎ fit fireguards (complying with BS 8423) to all fires and heaters. Don't dry or warm clothes on them
- ✎ use a sparkguard if you have a coal or wood fire. Sparks from fires can set clothing and furnishing alight
- ✎ at night, remember to switch off electrical items wherever possible and put out any candles before going to bed. Close all doors to contain any fire
- ✎ practise with your family how you will escape from your home if there's a fire, so you all know what to do if the alarm goes off

In the bathroom

- ✎ stay with a baby or young child at all times when they are in the bathroom, as they may fall into a bath of hot water or play with the bath hot tap
- ✎ to control the temperature of your bath's hot tap, have a thermostatic mixing valve (TMV) fitted. You can visit www.capt.org.uk and read our TMV factsheet for detailed information
- ✎ when you run a bath, remember to always put the cold water in first and top up with hot, and test the water with your elbow before lifting your children. The water should not feel hot or cold.

Hot drinks

Hot drinks can scald babies and young children 15 minutes after they've been made.

- ✎ put your baby or child down while you drink your hot drink
- ✎ remember to take a moment to check your hot drink is out of reach of babies and toddlers
- ✎ avoid passing hot drinks over the heads of babies or young children.

In the kitchen

Teach children over the age of seven years to do simple tasks like using a toaster and microwave safely. As children grow up, gradually teach them to pour from a kettle and use a cooker.

- ✎ keep young children out of the kitchen, if possible, when you are cooking
- ✎ remember the oven door can get very hot so keep young children away from it
- ✎ use a kettle with a short or curly flex and keep your kettle well back from the edge of your kitchen work top
- ✎ turn saucepan handles towards the back of the cooker and use the back rings where possible
- ✎ never fill your chip pan more than one third full of oil and never leave the pan unattended while you are cooking. If you can, replace your chip pan with an electric deep fat fryer or use oven chips instead
- ✎ avoid warming babies' bottles in the microwave, the milk may heat up unevenly leaving spots of very hot milk which can scald a baby's mouth. Use a bottle warmer or jug of hot water. After warming, whichever method you use, shake the bottle thoroughly and test the temperature of the milk by placing a few drops on the inside of your wrist. It should feel luke warm not hot.



Outdoors

- ✎ keep young children away from barbecues (even when you've finished using them), bonfires and fireworks.