

Wound Awareness Week

Preventing Burns & Scalds



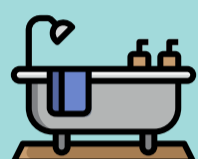
Hot liquids, jugs and pots

- Keep out of reach of children and vulnerable adults
- DO NOT leave children unattended in the kitchen



Sun

- Apply sunscreen SPF+30 or higher, 30 mins before going outside
- Reapply regularly when in the sun



Baths

- DO NOT leave children unattended while bathing, showering or using electrical items
- Start and end with filling a bath with cold water
- Hot water should be no more than 55°C



Cooking

- DO NOT leave cooking unattended
- DO NOT pick up flaming pots or pans
- DO NOT put flames out with water
- If pots/pans catch fire, if safe to do so, extinguish flames by covering with a lid, wet towel or fire blanket



Matches and lighters

- Keep out of reach of children
- DO NOT leave candles unattended



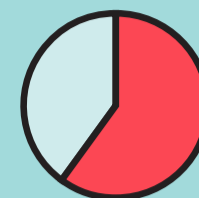
Hot water bottles

- DO NOT fill with boiling water
- Check regularly for any damage or leaks



Accelerants

- DO NOT throw accelerants (petrol, diesel, methylated spirits, aerosol cans) on to a fire or BBQ



60%

of burns occur in the home



Ensure your home has working smoke alarms



Consider investing in fire extinguishers and fire blankets

Seek medical attention if

- The burn is larger than 3cm
- There are blisters present
- It is taking a long time to heal (10-14 days), or you are worried – deeper burns can be painless but they do require attention

First Aid

On fire? → **Stop, Drop, Roll**
Remove clothing (including nappies) and jewellery
Cool the burn

- 20 minutes of cool running water or fluid (no ice) to the area
- If the burn hasn't been cooled this can be done up to 3 hours after the burn injury
- Lay cling film or non adherent dressing on the burn area to help with pain
- Keep patient warm
- Seek help

