

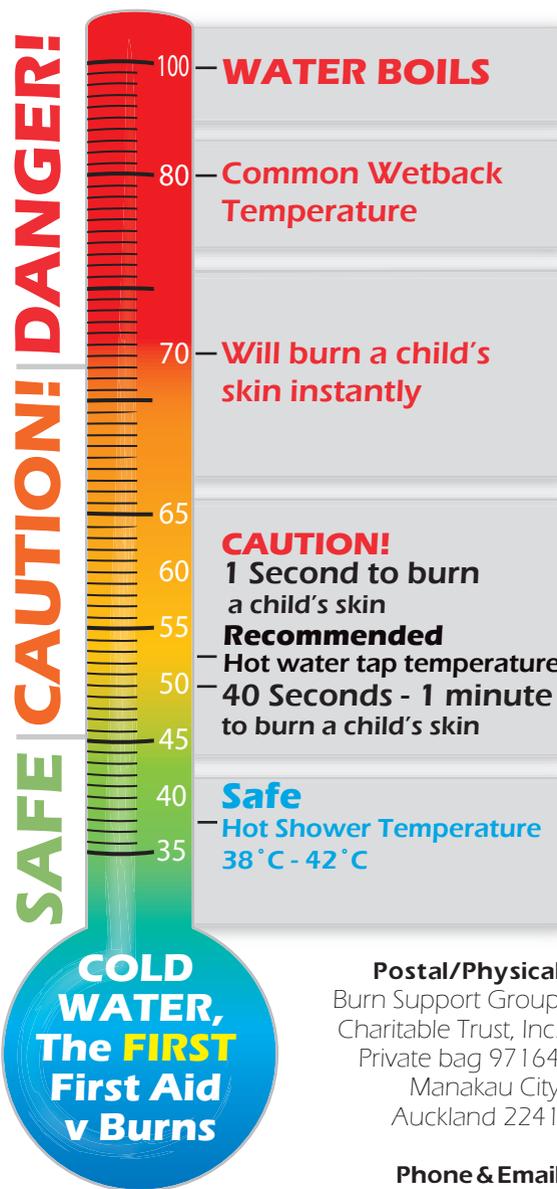
First Aid

Mr Quick Cool says:



“Seconds to burn, BUT at least 20 minutes to cool!!”

- Run water from the cold tap gently over the burn for **20 minutes** or until an ambulance arrives.
- Do not touch the burn or **burst** any blisters as this can cause infection.
- Once cooled remove clothing from the burned area. If clothing sticks, cut around the fabric.
- Cover the burn with clean non-fluffy material, eg. a sheet or loosely cover with plastic wrap to prevent infection. **(Do not cover the face)**
- Seek advise from your doctor or hospital.**
- In an emergency call 111**



Postal/Physical
Burn Support Group
Charitable Trust, Inc.
Private bag 97164
Manakau City
Auckland 2241

Phone & Email
Phone: (09) 09 270 0640
www.burns.org.nz

Support & Enquiries
info@burns.org.nz



www.burns.org.nz

HOT WATER BURNS LIKE FIRE

This brochure is for parents and caregivers. It contains some safety tips to help you protect young children from burns in the home.

**55.4% of burns from the age of 0-15 years are predominantly caused by scalds in the home, by taking simple steps these could all be preventable. Please read on and make some changes in your home.*

**Referenced from the Bi-National Burns Registry Annual Report 2009-2010*

Burns are preventable

Kettles



- Keep kettles, jugs, teapots, coffee plungers and cords **away** from the edge of the bench.
- Use a cordless kettle.

Hot Drinks

Ask yourself, "Do you need a hot drink while your children are around or can it wait?"

- Put hot drinks in the **centre** of the table or somewhere else out of reach.
- Avoid** using tablecloths.
- Give toddlers their own special mug so that they know **not** to drink from yours.
- Never** nurse a child while holding a hot drink.
- Make sure you **actively supervise** older children if they are preparing hot drinks or meals



Pots & Pans



- Make your kitchen a **no play** zone.
- Fit a gate **across** your kitchen doorway.
- Cook on the **back** elements of your stove first.
- Turn pot handles **towards the back** of the stove.
- Fit a stove guard **around** your stove top.
- Put your child **down** before handling hot pots, pans & kettles.
- Have bench space next to your stove so that hot pots and pans are not carried across the kitchen.
- NEVER** leave cooking unattended.
- Place microwaves at a height children **cannot** reach.



Hot Tap Water

Is your tap water too hot?

- Hot water coming out of a tap should be between 50°C & 55°C or less.
- Always **supervise** young children when having a bath, shower or washing their hands.
- Run cold water into a bath **BEFORE** you run the hot water.
- Always **test** the temperature of the water with your wrist or elbow before bathing your child or use an approved Thermometer.
- If the water at the tap is too hot and you are unable to adjust it correctly, call your landlord or ask your local energy supplier (or licensed plumber) for advice.
- Consider getting** child proof tap covers for your hot taps.



For more information visit www.burns.org.nz

