

## Did you know?

Over 7000 children are so badly burnt each year that they have to be admitted to a specialist burns service. NHS services treat more than 30 babies and toddlers with a hot drink burn every day.

Babies and toddlers have significantly thinner skin than adults. Therefore their skin burns much quicker and easier. A hot drink can still cause a serious burn even after 30 minutes of being made!

Our homes may feel safe but they are full of potential burn hazards. Here are some helpful tips to keep your loved ones safe.



## Bathing

Baths should be run using the cold tap first in case the child jumps in before the bath is ready. Children have less ability to remove themselves from scalding baths. Always test the temperature of the bath water by using either a bath thermometer or by dipping your elbow into the water.

## Hot Food & Drinks

- Ensure all hot drinks are kept out of reach of children and are not placed on table cloths which can be pulled down. Remember, infants when placed in walkers can reach and move around more than usual so ensure saucepan handles, kettle flexes etc are out of reach and hot appliances such as oven doors cannot be touched.
- Never pass hot drinks or food over the heads of children or carry a hot drink whilst holding a child. Do not hold your child when preparing bottles or food for baby.



- Cup holders on prams and pushchairs should only be used for baby's bottles or cold drinks. Never hot drinks.
- Wearing slings/baby carriers can be very helpful whilst getting things done around the house but should not be used when eating or drinking anything hot.

## Chemicals & Household Items

- Keep all chemicals locked away safely. Drain and oven cleaners can cause significant chemical burns if spilled over skin as well as internal burns if ingested.
- Matches, lighters, and batteries should all be kept out of reach.
- Ensure radiators do not get too hot and position children's cots/beds away from radiators. Babies can roll and become stuck between their beds and a radiator causing a contact burn.
- After using hot items such as irons and hair straighteners always store them out of reach and ensure the wire is not hanging down.
- Electrical cords should never be left to dangle, kettles, fryers, slow cookers, irons etc.
- Install safety gates around fireplaces.



Sun Safety

- Keep safe in the sun. Babies skin can burn very easily in sunlight. Dress your baby in light clothing including a hat to protect their face and head. Cover the child in a high SPF cream and reapply frequently throughout the day. Avoid direct sunlight by using a parasol.
- Never cover a pram with a blanket! This causes the temperature inside the pram to soar.

Over-heating babies has been linked to SIDS (sudden infant death syndrome)

Steam Inhalation

- Studies have shown there is no additional symptomatic relief from the use of steam inhalation to treat the common cold or Covid-19. If you insist on using steam inhalation please run a hot shower and sit in a steamy bathroom rather than filling a bowl of hot water which has the potential to be spilt.



What to do if your child has a burn.

Correct first aid following a burn can drastically reduce the severity of the burn and the scarring.

An easy way to remember is to use the 3 C's.

COOL. COVER. CALL

**COOL**– cool the burn with RUNNING water for at least 20 minutes. The water should not be freezing as this could cause hypothermia. All clothing should be removed, including nappies.

**COVER**– cover the wound with cling film. This protects the wound from infection and eases the pain of the exposed nerve endings.

**CALL**– call for help. 999 or 111 for advice.

Burn Prevention Information

[www.cbtrust.org](http://www.cbtrust.org)

[www.capt.org.uk](http://www.capt.org.uk)

[www.safetea.org.uk](http://www.safetea.org.uk)

Facebook page

Children's Burn Ward– Mid Essex Hospital Trust

[www.facebook.com/Childrens-Burns-Ward-Mid-Essex-Hospital-Trust-819491145116862/](https://www.facebook.com/Childrens-Burns-Ward-Mid-Essex-Hospital-Trust-819491145116862/)



**Preventing Burns**

In

**Babies & Children**

