

FIRST AID

Good first aid following a burn or scald can make an enormous difference in recovery times and the severity of scarring.

Two important things to remember are:



COOL, CALL, COVER

FIRST AID ADVICE FROM THE BRITISH BURN ASSOCIATION

1. **cool the burn** with cool running tap water for 20 minutes and remove all clothing and jewellery (unless it is melted or firmly stuck to the wound)
2. **call for help for any burn larger than a 50p coin** – 999, 111 or local GP for advice
3. **Cover with cling film or a clean, non-fluffy dressing or cloth.** Make sure the patient is kept warm

STOP, DROP, ROLL

“**Stop, drop and roll**” is used when clothing catches fire. Children can get confused about when to stop, drop and roll. It is important to know when to do this. Children who do not have a good understanding of stop, drop and roll will sometimes do this if they burn a finger or need to get outside if the smoke alarm sounds.

Only use stop, drop and roll when clothing catches fire.



STATISTICS

- **30 babies and toddlers go to the hospital with a hot drink burn every day.** Keep hot drinks out of reach.
- **60% of all children under 3 years of age that attend A&E with a burn injury are due to hot drink burns.** Keep hot drinks out of reach.
- **590 children a month require admission to an NHS Burns Service following a severe burn or scald injury.**
- **4,900 children under 5 were so badly burnt they were admitted to a NHS specialist burns service last year – over 13 toddlers every day.**
- **The most common place of injury is the home for children and the elderly.** For adults, it's the workplace.
- **Did you know hot drinks are the most common cause of burns in children? Something as common as a mug of tea or coffee can have devastating effects.**
- **Prevention & good first aid are key to reducing the number of burns and scalds occurring each year.**
- **Irons & Hair Straighteners take longer than you think to cool down - 662+ children (0–14 yrs) were treated for burns from them last year.**

COOL the burn with running tap water, **CALL** for help, **COVER** with cling film

#coolcallcover #BeBurnsAware #SafeTea

www.cbtrust.org.uk

SAFETY GUIDANCE IN THE HOME

A burn injury is for life. Being burned or scalded can mean years of painful treatment and many operations to release the scar tissue.

Do

- ✓ Install smoke alarms on each floor and test regularly
- ✓ Keep hot drinks out of reach of babies and young children
- ✓ Make and practice Fire Escape Plans with the whole family
- ✓ Run COLD water first in the bath or sink before adding hot water
 - test the temperature
- ✓ Install thermostatic mixing valves in all hot water outlets
- ✓ Keep saucepans at the back of the stove NOT near the front – turn handles to the back
- ✓ Keep kettles, irons, hair straighteners or wires out of reach
- ✓ Keep secure fire screens in front of open fires, heaters & radiators
- ✓ Store matches and lighters out of reach
- ✓ Store chemicals, cleaners and acids out of reach

DON'T

- ✗ Drink hot drinks while nursing/holding a baby or child
- ✗ Put a baby or child into a bath or sink until the water has been tested
- ✗ Warm baby bottles in the microwaves
- ✗ Leave hair straighteners unattended
- ✗ Allow children near BBQs or garden chemicals
- ✗ Allow children near fireworks
- ✗ Leave children unattended in the kitchen, bathroom or near fires and heaters



Prevention of hot drink burns is easy using simple SafeTea rules:

- Keep hot drinks out of reach of young children
- Never carry a hot drink whilst carrying a baby
- Never pass a hot drink over the heads of young children

Ways to keep hot drinks away from children:

- Place hot drinks at the back of the kitchen surface
- Don't place a hot drink on a table cloth or cloth that hangs down so that a small child can reach and pull it down
- Make a safe place... a SafeTea zone for hot drinks... in your home where you and members of the family and visitors can keep hot drinks from young children
- Avoid drinking hot drinks around small children
- Always remind visitors to your home to 'Keep hot drinks out of reach of the young children'

