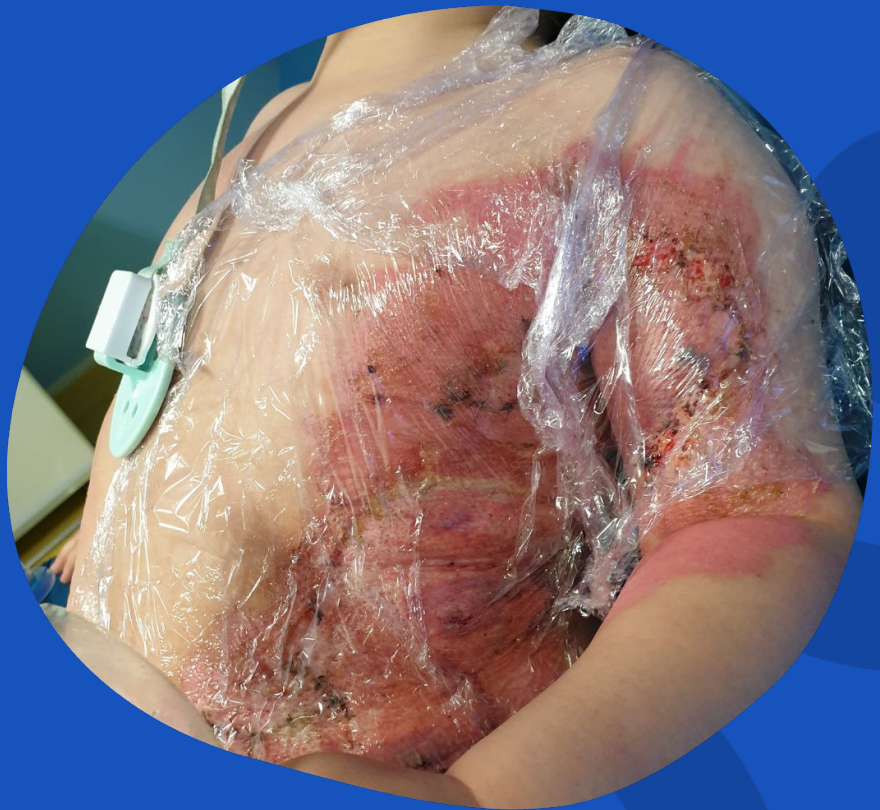


National Burn Awareness Day 2024 Toolkit

Wednesday 16th October 2024

#BeBurnsAware



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Our Supporters

National Burn Awareness Day would not be possible without our supporters.

Sponsors

LEIGH DAY
LAWYERS AGAINST INJUSTICE

 Spectral AI[®]
Seeing the Unknown

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Get Informed - Top Causes of Burns and Scalds

Our main aim of National Burn Awareness Day is to raise the awareness of the incidence and causes of burn and scald injury in the UK, helping to reduce the number of burns and scalds occurring. The main causes of burns and scalds are...

Hot drinks

30 babies and toddlers go to hospital with a hot drink burn every day.

In addition to this shocking daily figure, 60% of all children attending A&E with a burn injury are due to hot drink scald

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

- Keep hot drinks out of reach of young children – placing them at the back of the kitchen surface and never on a table cloth or cloth that hangs down so that a small child can reach and pull it down.
- Never carry a hot drink whilst carrying a baby.
- Never pass a hot drink over the heads of young children
- Avoid drinking hot drinks around small children.

Hot water bottles

Hot water bottles can be dangerous and cause burns if they are not cared for or used safely.

Rubber deteriorates over time so old hot water bottles can burst or leak and cause serious burns.

- Check for signs of wear and tear regularly.
- Keep an eye on the flower symbol which indicates exactly when it was made.
- Don't use a hot water bottle that is more than 2 years old.
- Never fill a hot water bottle with boiling water.



Get Informed - Top Causes of Burns

Saucepan and kettle spills

642 children were admitted to an NHS Burns Service due to injuries related to an electric hob in 2023. A further 446 children were admitted to an NHS Burns Service due to accidents involving kettle spills.

Prevention of saucepan and kettle spills is easy using these simple rules:

- It is crucial that children are not left alone around hot cooking surfaces.
- Keep children out of the kitchen when cooking or preparing food and hot drinks.
- Always use the back burners on the hob when you can and turn handles in.
- Keep kettles and their cords out of reach of little hands.

Hot water scalds in the bath or shower

Hot water can pose a real danger. Bath and shower water can cause such bad burns that children need years of treatment and may be scarred for life. It only takes one second to get a deep burn in hot water when the water temperature is at 70°C.

Prevention of Hot water scalds in the bath or shower is easy using these simple rules:

- Always run cold water before hot and test the temperature with the back of your hand.
- Never leave a child alone in the bath, even for a second.



Get Involved - Resources

This toolkit has been designed to provide you with information to help you support National Burn Awareness Day 2024. We have put together a selection of digital resources to help you raise vital awareness. You can click on each image below to download each graphic.

Email Signature – I’m Supporting – click image to download



Facebook Banner/Post – I’m Supporting – click image to download



X Banner/Post – I’m Supporting – click image to download



Get Involved - Resources

LinkedIn Post – I'm Supporting – click image to download



I'M SUPPORTING
NATIONAL
BURN
AWARENESS DAY

National Burn Awareness Day
16TH OCTOBER 2024
#BeBurnsAware

A BURN INJURY IS FOR LIFE

CBT CHILDREN'S BURNS TRUST www.cbtrust.org.uk  www.britishburnassociation.org

Instagram Post – I'm Supporting – click image to download



I'M SUPPORTING
NATIONAL
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A BURN INJURY IS FOR LIFE

CBT CHILDREN'S BURNS TRUST www.cbtrust.org.uk  www.britishburnassociation.org

Children's Burns Trust social media accounts will be posting in the weeks prior to and on National Burn Awareness Day.

Please share our posts to raise as much awareness as possible.

If you @ tag us in the post we can also share the activity, raising more awareness:

X (Twitter): @CBTofficial

Facebook: @childrensburnstrust

LinkedIn: @childrensburnstrust

Instagram: @childrensburnstrust

TikTok: @childrensburnstrust



Get Involved - Posters

NATIONAL BURN AWARENESS DAY
National Burn Awareness Day
16TH OCTOBER 2024
#BeBurnsAware

A BURN INJURY IS FOR LIFE

9,939 ADULTS WERE **BURNED OR SCALDED** IN 2023

This figure only relates to the most serious burns and scalds.
This doesn't include the thousands seen by A&E departments.

TOP CAUSES*:

- Kettle Spill
- Hot Fluids
- Fat
- Other Chemical

*Source: IBD Database

CBT www.cbtrust.org.uk www.britishburnassociation.org

NATIONAL BURN AWARENESS DAY
National Burn Awareness Day
16TH OCTOBER 2024
#BeBurnsAware

A BURN INJURY IS FOR LIFE

8,551 CHILDREN WERE **BURNED OR SCALDED** IN 2023

This figure only relates to the most serious burns and scalds.
This doesn't include the thousands seen by A&E departments.

TOP CAUSES*:

- Tea or Coffee Cup
- Electric Oven
- Hair Straighteners
- Hot Fluids

*Source: IBD Database

CBT www.cbtrust.org.uk www.britishburnassociation.org

Adult Poster – click image to download

Child poster – click image to download

NATIONAL BURN AWARENESS DAY
National Burn Awareness Day
16TH OCTOBER 2024
#BeBurnsAware

A BURN INJURY IS FOR LIFE

30 CHILDREN A DAY ARE **BURNED BY** HOT DRINKS.

KEEP HOT DRINKS OUT OF REACH.

CBT www.cbtrust.org.uk www.britishburnassociation.org

Hot drink poster – click image to download

www.cbtrust.org.uk

Get Involved - Social Media

Below are social posts and images you can use to raise awareness about the main cause of burns and scalds.. Click on the image to download.



Hot drinks post

30 babies and toddlers go the hospital with a hot drink burn every single day. Keep hot drinks out of reach. #BeBurnsAware <https://shorturl.at/nSvbo>



Hot water bottles post

- Check for signs of wear and tear before use
 - Don't use a hot water bottle more than 2 years old
 - Look at the flower symbol on the bottle to show when it was made
 - Never fill a hot water bottle with boiling water.
- <https://shorturl.at/LsZej>



Pan and kettle spills post

Always have pans at the back of the hob when you're cooking and turn the handles in. The majority of burns & scalds happen in the kitchen. #BeBurnsAware <https://shorturl.at/rG5UZ>



Hair straighteners post

Hair Straighteners can reach more than 200 degrees and take up to 40 minutes to cool down. Keep hair straighteners away from children. #BeBurnsAware <https://shorturl.at/AAlJv>

Get Involved - Social Media

Below are social posts and images you can use to raise awareness about the main cause of burns and scalds. Click on the image to download.



First Aid post

If your child was burned or scalded would you know what to do? COOL with running water for 20 minutes. CALL for help for any burn larger than a 50p: 999, 111 or local GP. COVER with cling film #BeBurnsAware. #CoolCallCover <https://shorturl.at/OrE4t>

If you @ tag us in the post we can also share the activity, raising more awareness:

X (Twitter): @CBTofficial

Facebook: @childrensburnstrust

LinkedIn: @childrensburnstrust

Instagram: @childrensburnstrust

TikTok: @childrensburnstrust

Ways to donate direct to Children's Burns Trust

Your donations to the Children's Burns Trust are very much appreciated and you can be sure the money you give will go directly to help where it is most needed.

Website

Click on the DONATE button on our website to see the multiple ways you can donate online.

Bank transfer

Children's Burns Trust,
Barclays Bank
Sort Code: 20-21-78
Account no: 90755362

Cheque

Payment by cheque made payable to Children's Burns Trust, PO Box 13402, Ingatestone CM4 9YR

Get Involved - Case Studies

Below are case studies you can use to raise awareness about the main cause of burns and scalds. Click on the link to view the case study.



Alayla – hot drink burn
<https://shorturl.at/GOXDb>



Bella – hot drink burn
<https://shorturl.at/cWRZ4>



Charlie – hob spill burn
<https://shorturl.at/fBLly>



Billy – hair straightener burn
<https://shorturl.at/iaB3b>

BBA - Hot Water Bottle Letter Template

Subject: Support for National Burns Awareness Day – 16th October: Addressing the Rise in Hot Water Bottle Scalds

Dear [Recipient's Name],

I am writing to request support for this years National Burns Awareness Day on 16th October 2024, This year we are focusing on highlighting a critical issue that has become increasingly prevalent over the past years: the significant rise in hot water bottle scalds seen in burns services across the uk.

Recent data shows a troubling 40% increase in hot water bottle scald cases from 2022 to 2023. This alarming rise is largely attributed to the ongoing cost of living crisis, which has led many people to rely more heavily on hot water bottles as a cost-effective way to stay warm. While hot water bottles are indeed a useful tool, they also present a serious burn risk if not used correctly. With the recent government removal of winter fuel payments the burns services are bracing themselves for more scald injuries as a result of this.

To help address this growing concern, it is crucial that we raise awareness about the safe use of hot water bottles. Here are some key pieces of advice that should be shared widely:

1. ****Check Your Hot Water Bottle Regularly****: Always inspect your hot water bottle for signs of wear and tear. Replace it immediately if you notice any cracks, splits, or leaks. The rubber in hot water bottles can degrade over time, increasing the risk of scalds.
2. ****Do Not Use Boiling Water****: Only fill your hot water bottle with hot, but not boiling, water. Boiling water can cause the bottle to rupture or leak, leading to serious burns.
3. ****Replace Older Hot Water Bottles****: If your hot water bottle is more than a couple of years old, consider replacing it, even if it appears to be in good condition. Older bottles are more likely to fail.
4. ****Use a Cover****: Always use a fabric cover or wrap the bottle in a towel to reduce the risk of direct contact burns.
5. ****Never Sit or Lie on a Hot Water Bottle****: Putting pressure on a hot water bottle can cause it to burst, leading to severe injuries.

Raising awareness of these safety measures is essential in preventing unnecessary burns and ensuring that people can use hot water bottles safely. I strongly urge you to support National Burns Awareness Day by helping to spread this critical information within our community.

Together, we can help reduce the incidence of hot water bottle scalds and ensure that everyone stays safe and warm during these challenging times.

Thank you for your attention to this important matter.

Sincerely,

[Your Name]

[Your Position]

[Your Contact Information]



Useful links

British Burn Association – A non-profit charity concerned with all aspects of burn care
www.britishburnassociation.org

Changing Faces – Aiming to create an enlightened society, which fully accepts and values people who have a disfigurement.
www.changingfaces.org.uk
[@FaceEquality](https://www.facebook.com/FaceEquality)

Child Accident Prevention Trust – Committed to reducing the number of children and young people killed, disabled or seriously injured in accidents.
www.capt.org.uk
[@CAPTcharity](https://www.facebook.com/CAPTcharity)

Dan's Fund for Burns – Practical help for adult burns survivors.
www.dansfundforburns.org
[@DansFund4Burns](https://www.facebook.com/DansFund4Burns)

Electrical Safety First – Ensuring that everyone in the UK understands the importance of electrical safety.
www.electricalsafetyfirst.org.uk
[@ElecSafetyFirst](https://www.facebook.com/ElecSafetyFirst)

NHS Choices
www.nhs.uk/Conditions/Burns-and-scalds/Pages/Treatment.aspx

National Fire Safety Campaign
<https://fireengland.uk/fire-safety>

Katie Piper Foundation – Making it easier to live with burns and scars.
<https://katiepiperfoundation.org.uk>
[@KPFoundation](https://www.facebook.com/KPFoundation)

National Fire Chiefs Council
<https://www.nationalfirechiefs.org.uk>
[@NFCC_FireChiefs](https://www.facebook.com/NFCC_FireChiefs)

RoSPA – The Royal Society for the Prevention of Accidents
<http://www.rospa.com>
[@RoSPA](https://www.facebook.com/RoSPA)

Health Talk
Healthtalk.org/burns



Get in touch

Address:

Children's Burns Trust
PO Box 13402
Ingatestone
CM4 9YR

Phone:

07802635590

Email:

info@cbtrust.org.uk

Social media:

X (Twitter): @CBTofficial

Facebook: @childrensburnstrust

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