

First aid



Do:

- ✓ **Stop** the heat
Remove the hot liquid.
Put any fire on the child out - making the child **stop, drop** to the ground, and **roll** on the ground.
- ✓ **Cool the burn** with running cold tap water for **20 minutes** and **remove** all clothing and jewellery if it is easy to take off.
- ✓ **Call for help** - 999, 111 or local GP for advice.
- ✓ **Cover** with cling film or a sterile non-fluffy dressing or cloth.
- ✓ Keep the child as warm as possible while you are doing this.

Do not:

- ✗ Use anything else on the skin. This includes butter, nappy cream, ice, toothpaste, turmeric or tea leaves
- ✗ Try to burst the blisters.

Information and further help

Health visitors, children's centres or the Fire and Rescue Service may be able to do a home safety check for you. Ask if there is a scheme in your area that provides and fits free or low-cost safety equipment.

You can download a home safety checklist from:
<http://www.rospa.com/rospaweb/docs/advice-services/home-safety/uk/home-checklist.pdf>

NHS Choices has advice on how to childproof your home at:
<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/safety-under-fives.aspx#close>

Advice on preventing fires is available at:
<https://www.gov.uk/firekills>

The Red Cross has advice on first aid for babies and children available at:
www.redcross.org.uk/en/What-we-do/First-aid/Baby-and-Child-First-Aid

About Us

This leaflet has been developed and is supported by Nottingham City and Nottinghamshire County Strategic Avoidable Injuries Group.



KEEPING YOUR CHILD SAFE FROM BURNS AND SCALDS

An information
leaflet for parents
and carers

Burns and Scalds

In England and Wales, 110 children are seen in Accident and Emergency Departments with burns every day.

Burns and scalds can cause serious injury, sometimes needing a long time in hospital and painful treatments. Scars can often last a lifetime.

The most common causes of burns in the under 5s are scalds and contact injuries. These include:

- **Scalds** from hot drinks, bath water, boiling kettles, and pans;
- **Contact** with hot household appliances including burns from cooker hobs, barbecues, hair straighteners and irons;
- **Burns from hot heating appliances** such as fires,

Children develop very quickly, and may surprise you by doing things you don't expect! Try to stay one step ahead of them, and plan for how to keep them safe as they become more mobile.

As your child gets older, teach them safety rules, and go over these from time to time. Make sure they understand how dangerous hot objects can be.

Be careful of older siblings, who may not realise that they are giving their brother or sister something very hot.

Supervise children, especially in the kitchen or near fires and heaters.

Things you can do to prevent burns

Hot appliances:

Keep hot appliances out of reach of children. Check hair straighteners and irons are cooling down somewhere safe.

Check appliance cables are not hanging down which children could pull on.

Keep secure fire guard screens in front of open fires, log burners, heaters & radiators, and take care with children around barbecues.



Fires:

Keep candles, matches and lighters out of children's sight and reach.

Have a smoke alarm on each level of your home, and check it is working once a week.

Make a plan for how you would escape from your home if there was a fire, and practice it with your family.

Flammable materials, including fancy dress clothes, can catch fire very easily. Be careful if your children are wearing them near flames.

Sun:

Children's skin is a lot more sensitive than adults'. Always:

- **Slip** on a T shirt,
- **Slap** on a sunhat, and
- **Slop** on some sun block (Factor 50).

Things you can do to prevent scalds



In the Bathroom:

Always run the cold water first in the bath or sink before adding hot water.

Check the temperature with your elbow or a thermometer.

You can fit a thermostatic mixer to your bath tap, so that the water does not get too hot.

In the Kitchen:

Point the handles of saucepans away from the side of the hob, and move kettles out of children's reach.

Hot Drinks:

Put all hot drinks out of the reach of children. A hot drink can still scald a child up to 15 minutes after being poured.

Do not drink hot drinks with a baby on your lap or pass hot drinks over them.