



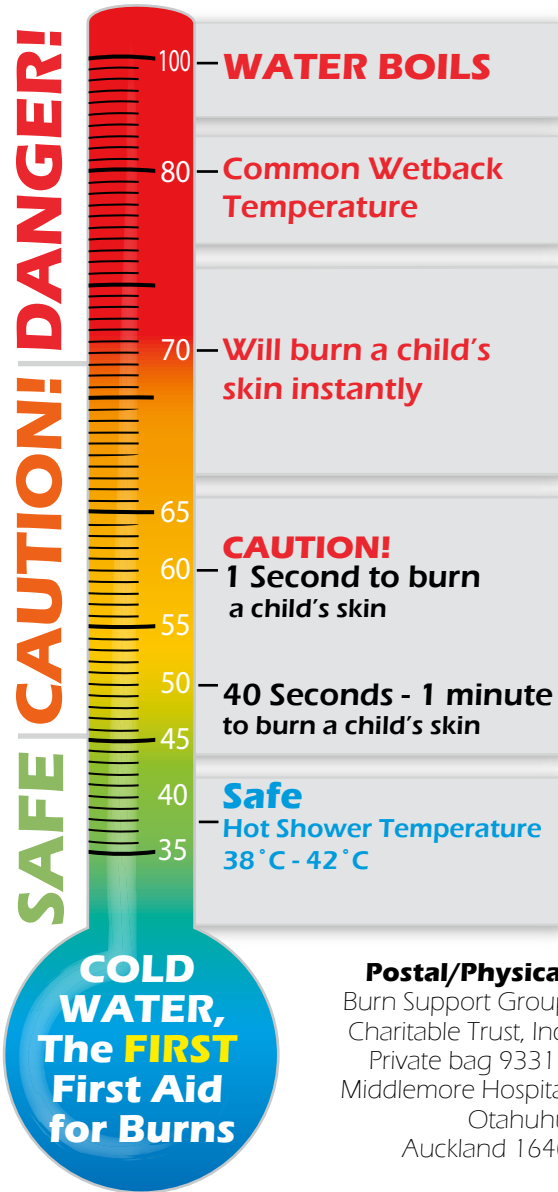
First Aid

Mr Quick Cool

says:

“Seconds to burn, 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.



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HOT WATER BURNS LIKE FIRE

Two thirds of all hospital admissions for burns are as a result of accidents involving hot water, hot food, hot drinks or steam.

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

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

- 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.



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.
- 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.
- Turn hot taps off tightly.
- Consider getting child proof tap covers for your hot taps.



For more information visit www.burns.org.nz

