

'Hot water burns like fire'

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BACKGROUND INFORMATION
FOR teachers: In New Zealand, on average, one child a day is burned severely enough to be admitted to hospital. Burns from fire and hot substances rank as our fifth most frequent cause of unintentional child death. Whilst burns from hot substances cause fewer fatalities than burns from fire and flame, they cause at least three times the number of hospitalisations. Young children's skin is much thinner than adult skin and burns at much lower temperatures. Most people don't realise that "hot water burns like fire", and it is essential that this message is spread.

Curriculum Links:

A. Health and Physical Education

Suggested Learning Experiences can cover achievement objectives in the strands of:

1. Personal health and physical development
2. Healthy Communities and Environments

This is through exploring the learning areas of safety management and community resources.

B. Explore the underlying concepts of hauora (attitudes and values), and health promotion:

Develop key competencies such as "managing self", "thinking and participating" and "contributing".

C. Learning intentions:

1. Students will be able to identify items of risk for burn injuries in the home.
2. Students will be able to describe safe practices in the home in relation to burn prevention.

Suggested learning experiences:
Tuning in: Have any of the students or members of their families suffered a burn injury?

Do students know that "hot water burns like fire"? Do students know that a hot drink can burn a child up to 15 minutes after it is made?

Divide students into groups and have them brainstorm a list of hazards that can cause burn injuries in their homes.



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Discuss the group brainstorms with the whole class, encouraging students to explain how each item is a hazard using the five Ws (who, what, when, where, why).

Ensure that students identify some of the following:

- Kettles and kettle cords
- Pots on the stove
- Pot holders or tea towels stored too close to stoves
- Cooking left unattended
- Children cooking unsupervised
- Hot drinks within children's reach
- Hot water taps and unattended baths
- Candles
- Matches and lighters placed where kids can reach them
- Fireplaces without mesh screens or fire guards
- Paper, clothes, curtains or furniture left too close to heaters or fire places
- Material draped over lamps
- Frayed cords on electrical appliances
- Smoke alarms

“ Divide students into groups to study their previous lists and brainstorm ways of reducing the risk of burn injuries from the items that they have previously identified.

Explain that these are dangerous things that could be in anyone's home.

Thinking critically:

Ask students if they know why it is important to identify the hazards in their home that can cause burn injuries.

Stress that some hazards may not seem dangerous, such as overloaded extension cords, but that they could cause a fire when they least expect it. Fire hazards are especially dangerous at night, when no one is awake to notice that a fire has started.

Divide students into groups to study their previous lists and

brainstorm ways of reducing the risk of burn injuries from the items that they have previously identified.

Hopefully, students will identify that:

- Kettles and their cords should be kept out of reach of children.
- Pot handles should be turned towards the back of the stove.
- Tea towels or pot holders should not be hung on oven doors.
- Cooking should never be left unattended.
- Children should always cook under adult supervision.
- Hot drinks should be kept out of reach of children.

- Hot water should not be too hot coming out of the tap and young children should be supervised at bath time.
- Candles should always be extinguished before leaving a room.
- Matches and lighters should be kept out of reach of children.
- Smoke alarm batteries should be tested/checked every year.

Contributing work:

Homework activity: Ask students to draw a floor plan of their house and inspect their own homes with their parents. Have students identify the hazards that could cause burn injuries in each room. Ask students to describe what their parents did to reduce the risk of burn injury in their home as a result of this inspection. **Sn**

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For more information, contact: Burn Support Group Charitable Trust Inc nathalie@burns.org.nz

Fancy a cuppa?
 Making a hot drink is simple, but can also be dangerous.
 Hot drinks are the number one cause of burn injuries and hospitalisations among children under 5 years old.
 Good news: Hot drink burns are preventable.

The facts:

- Hot water burns like fire.
- 15 minutes after being made, a hot drink can still burn a child.
- A hot drink spilled over a baby is like a bucket of boiling water tipped over an adult.
- A child's skin is thinner than an adult's, so hot liquids burn quicker, deeper and at lower temperatures.
- Common hot drink burns happen when:
 - A child pulls or grabs a hot drink off a surface or from an adult.
 - An adult, carrying a child or near a child, trips while holding a hot drink.
 - A child runs into an adult who is holding a hot drink.
 - A hot drink spills when being passed over the top of a child.
- Children severely burned often require operations and special treatments, many dealing with the consequences of having scars for the rest of their lives.

Safety tips

- Always keep hot drinks out of the reach of children.
- Never hold a child and a hot drink at the same time.
- Avoid using table cloths and placemats that young children can pull on.
- Always place hot drinks in the centre of tables.
- Never pass hot drinks over a child's head.
- Be aware when walking or holding hot drinks around children.
- Always supervise young children and teach them the dangers of hot drinks.

First aid for burns

First aid can prevent long-term scarring and dramatically reduce the severity of a burn injury.

1. Cool the area immediately under gently running cold water for 20 minutes. DO NOT use ice.
2. Remove clothing from the affected area. If clothing sticks to the skin, don't pull it away – cut around the fabric carefully with a pair of scissors.
3. Don't touch the burns or burst blisters – it can cause infection.
4. Cover the burn area with a clean, non-fluffy material to protect it. Plastic wrap or cling film can be used.
5. Get advice immediately from your doctor, Accident & Emergency (A&E) or call 111.

Major Sponsor Safekids Campaign: **Starship Foundation**

In partnership with: **Burn Support Group Charitable Trust Inc.**

For more information on how to keep children safe visit www.safekids.org.nz