

# Guidelines around hot water bottle safety

According to [Consumer Protection](#), hot water bottles sold in New Zealand must meet the British Standard.

To check the safety standard on your hot water bottle look for a code that should be stamped on the bottle neck. The accepted versions of the standard are British Standard BS 1970:2012, BS 1970:2006 and BS 1970:2001.

All new hot water bottles available for sale should only have BS 1970:2012 marked on the neck.



## Other measures you can take:

1. Never fill your hot water bottle with boiling water. Use hot water from the tap.
2. Check your hot water bottle for splits or tears regularly. One method is to fill with cold water to see if any leaks appear.
3. Use a cover, or wrap the bottle in a towel before using.
4. Make sure the top is firmly closed before using.
5. For children and the elderly, use the bottle to warm the bed, then remove before the person gets into bed.
6. Do not lie or sit on the hot water bottle.
7. Do not overfill.
8. Do not use a hot water bottle that is showing signs of wear or splitting – replace it with a new one.

## What to do if you or your child suffers a burn or scald

The [St John](#) website advises removing surrounding clothing/jewellery (provided it is not stuck to the burned area) and immediately putting the burned area under cool running water for 20 minutes.

In the absence of water any cool clean fluid (beer, soft drink, etc) can be used.

After cooling the injured area for up to 20 minutes, apply a sterile dressing. Use a non-adherent dressing or a piece of clean plastic kitchen wrap.

Contact your doctor or call 111.

DO NOT break blisters or remove peeled skin.

DO NOT try to remove any fabric that is stuck to a burn.

DO NOT apply creams, ointments, lotions or butter to any burn injury because infection may occur and complicate the injury.

DO NOT place small children or babies in a cold bath or shower for a full 20 minutes, as this can cause hypothermia.