

BE COOL!

KIDS BURN PREVENTION
ACTIVITY BOOK



Learn, don't burn

Brought to you by



Burn Support Group
Charitable Trust,
Inc Auckland

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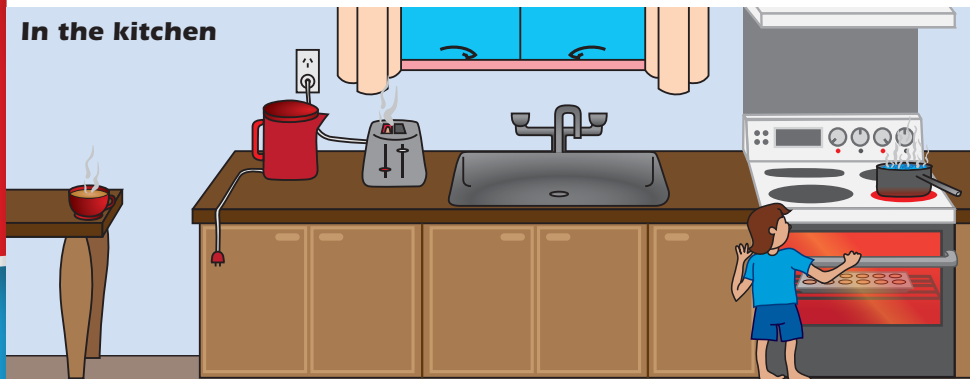
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Hazards around the house

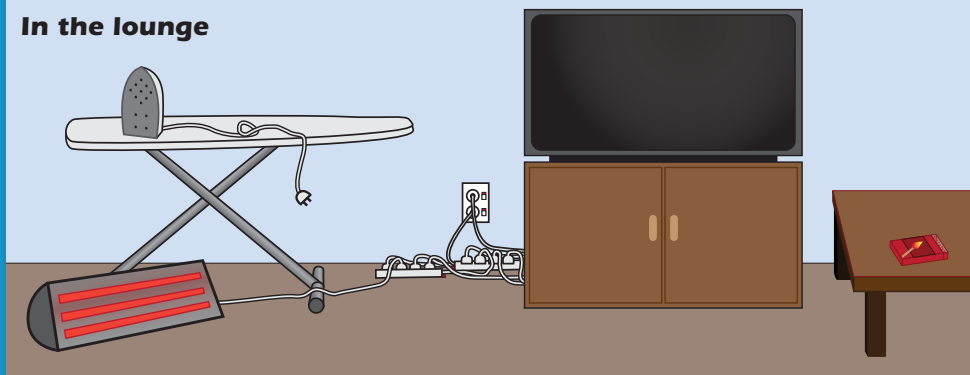
Can you circle all the potential hazards around the house? There are 15.

(Activity answers on last page)

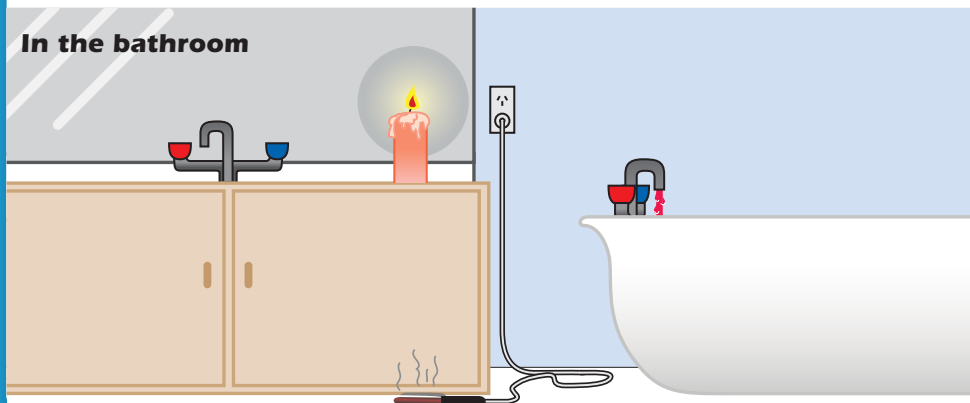
In the kitchen



In the lounge



In the bathroom



Colour me in

MEET MR QUICKCOOL



WHEN A BURN OCCURS:
Run cool water over the burnt
area for at least 20 minutes

Word find

R E T A W T O H B N D W X P K G
 D L B Z T T X A R W D G Y J W Y
 D Z Z Y J T T U T Q N M L V M Q
 B B P N D H B M Q O G M N R H Q
 L K T V L I L Y I W I N A E U Z
 T E M P E R A T U R E L A I R J
 S T M W X M N T O D A T C N M N
 D T Z A E E E N S E E K Y I K E
 R L N T V R S R K R C P C W V W
 A E E E R G I O G O I R N O J D
 U N R R Z H M F O E O F T M B T
 G P D J O S Z L R W N S K N Q K
 E Z L T Z N L C A L X C J J Q W
 R Y I K Z N R V O M J W Y J M D
 I T H L M D E Y W O L K G D L R
 F Y C W R B J B D L L B Y X G M

- | | | | |
|--------------|---------------|----------------|-----------------|
| 1. bath | 6. fire | 11. hotwater | 16. quickcool |
| 2. burn | 7. fireguards | 12. irons | 17. smokealarm |
| 3. children | 8. Firstaid | 13. kettle | 18. stove |
| 4. cool | 9. heater | 14. microwave | 19. temperature |
| 5. emergency | 10. hot | 15. prevention | 20. water |

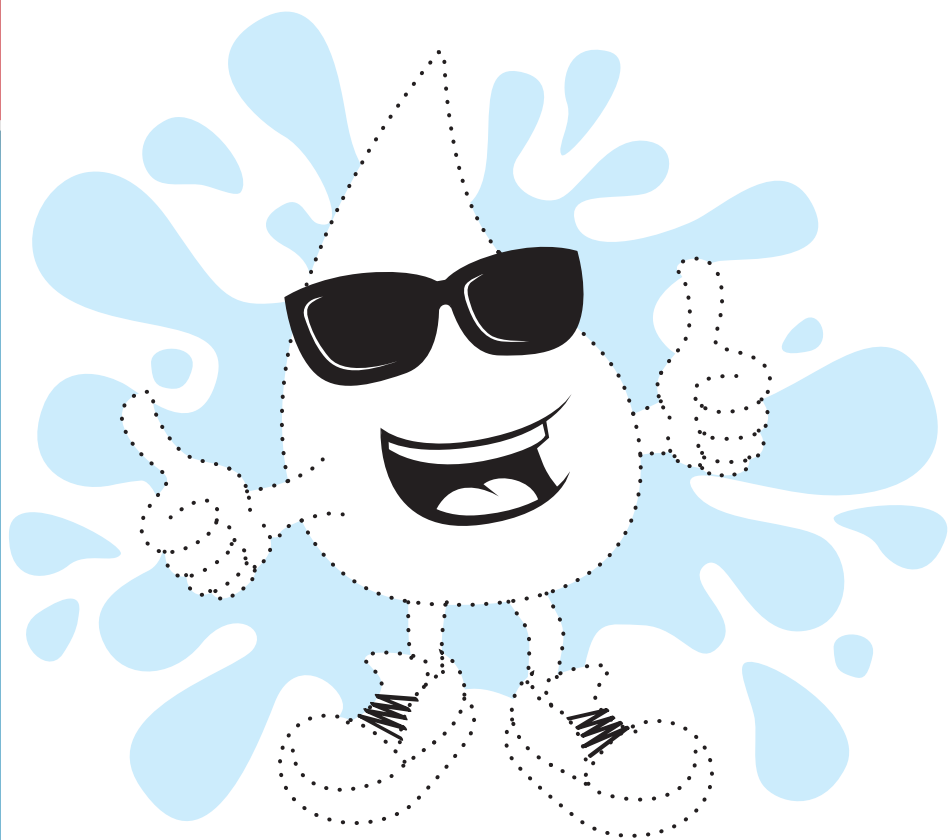
(Activity answers on last page)



**Only grown ups
make hot drinks**

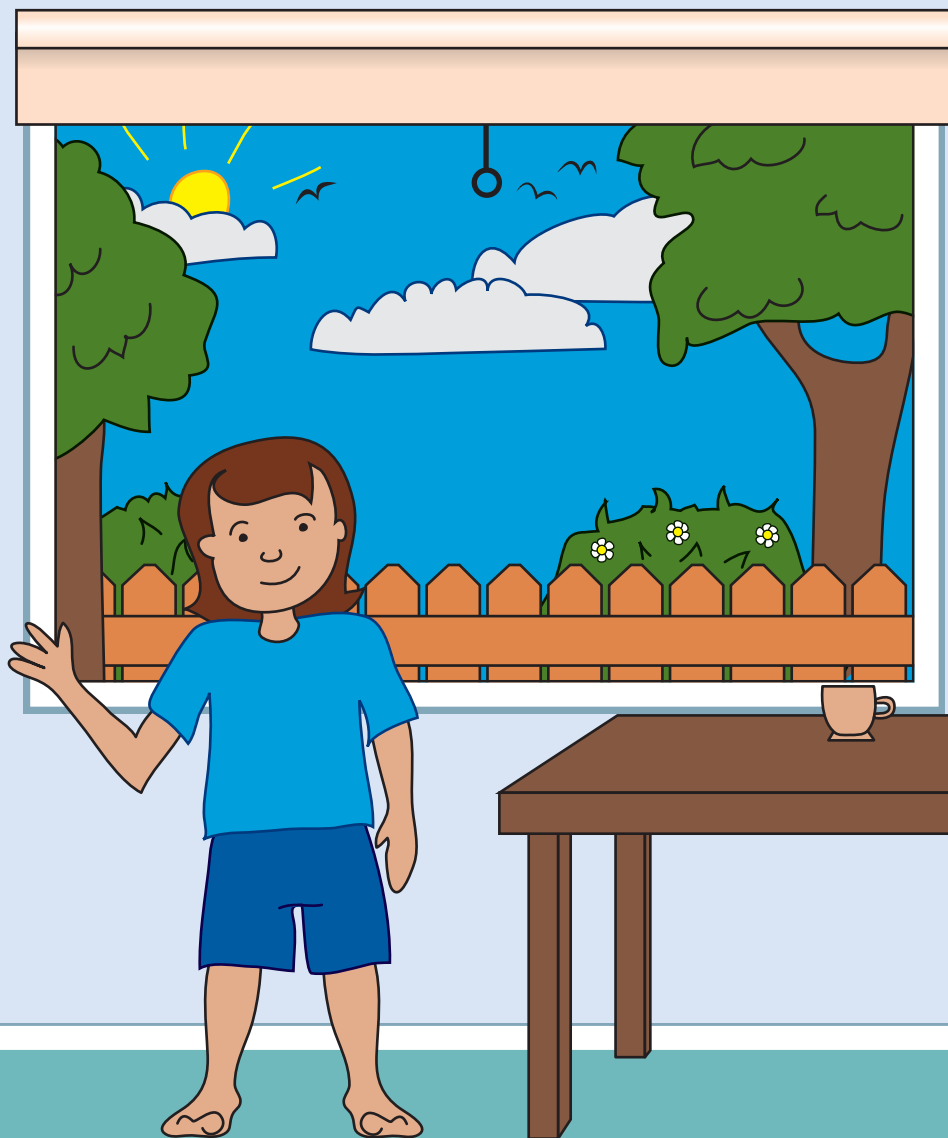


•Dot•to•dot•



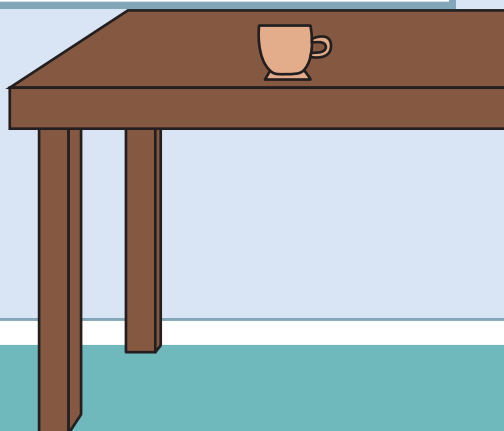
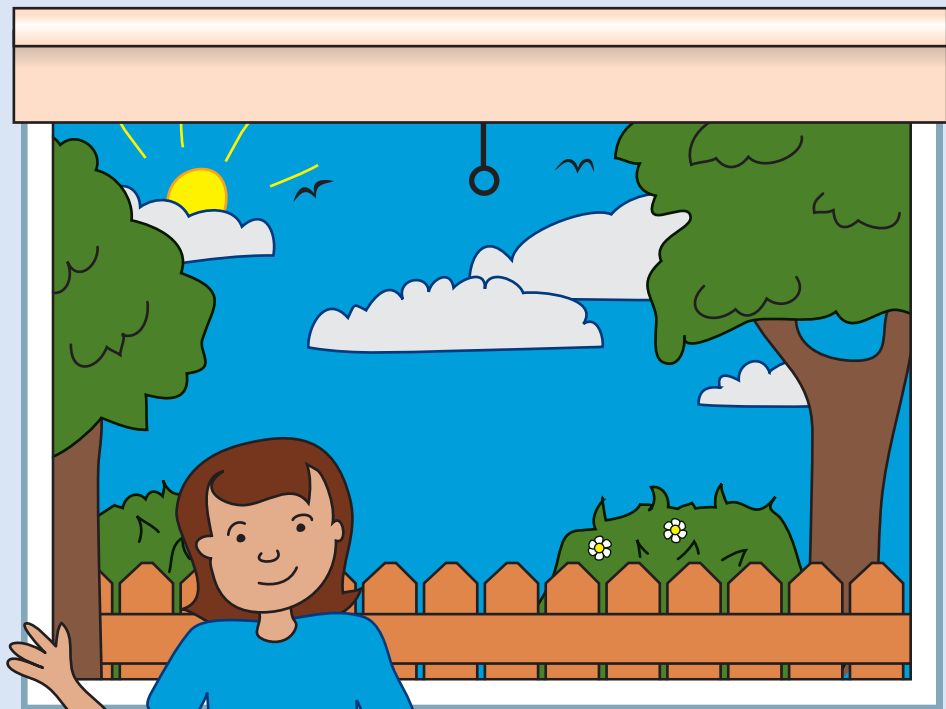
**Hot water burns
like fire**

Spot the difference

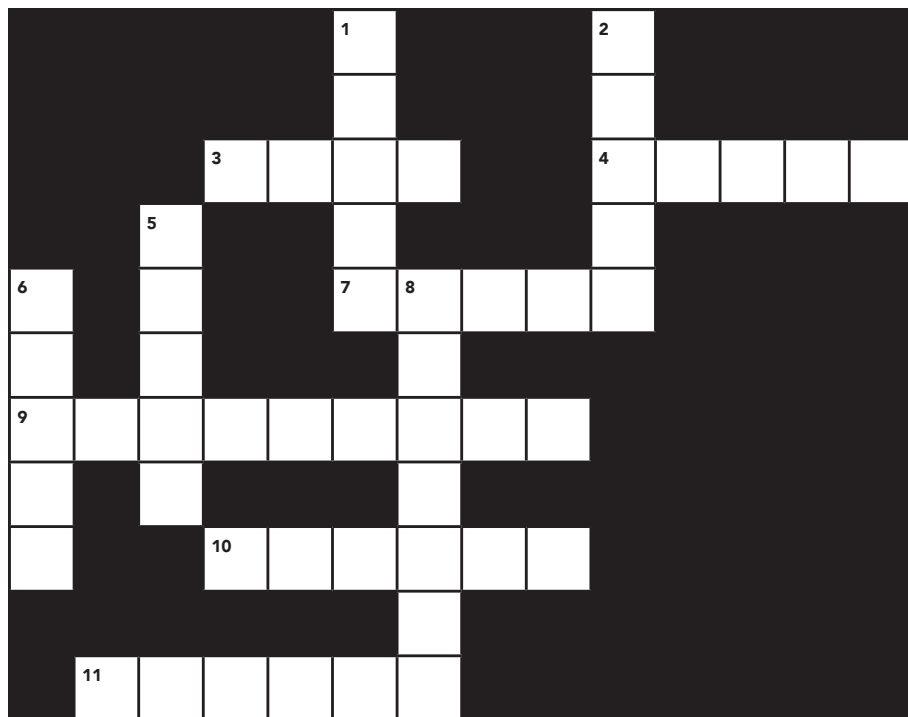


(Activity answers on last page)

Spot the difference



Crossword



Across

- 3 Hot water burns like ____
- 4 Get an _____ to take things out of the microwave and oven
- 7 Always check your _____ alarms are working
- 9 In an _____ dial 111
- 10 Stay at least a metre from the _____
- 11 Don't leave hot _____ drinks where young children can reach

Down

- 1 Keep _____ from jugs and kettles away from the edge of the bench
- 2 Never _____ cooking unattended
- 5 Hot _____ coming out of a tap should be 50-55 degrees Celsius or less
- 6 Always _____ the temperature of the water before bathing
- 8 At least 20 _____ of running water to cool a burn

(Activity answers on last page)

**Safe hands:
Don't open the
oven door.**



Burn Support Group Charitable Trust Inc

Children's **CAMP**

**In
January
EACH
year!**



A Chance for
Kids
to just be

KIDS



If you have a child
aged between 7
and 18 who has
sustained a burn
injury and may
be interested in
attending our
annual camp.

**Please contact our office:
09 270 0640 or info@burns.org.nz
www.burns.org.nz**

Shade me in

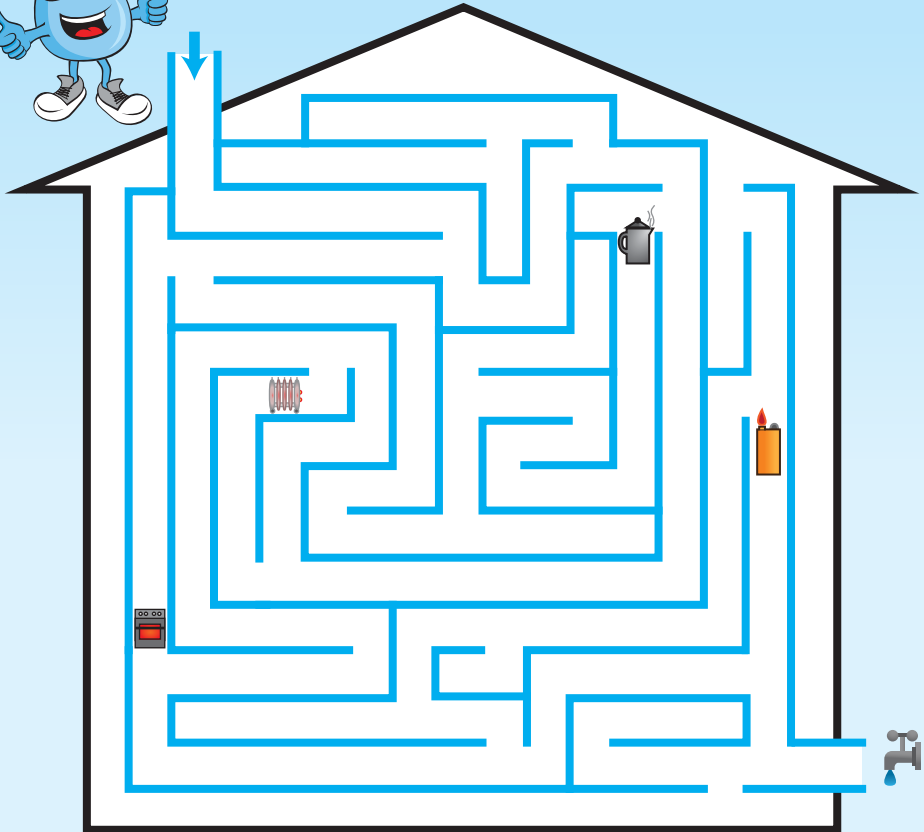
to complete



**Turning on the hot tap
is a grown ups job**

Maze

Help Mr Quickcool find the water!
Watch out for hazards along the way.



(Activity answers on last page)

Water comes out of the hot tap slightly cooler than the hot water cylinder. The recommended safe temperature is 50°C.

Check the thermostat on your hotwater cylinder, it should not be above 60°C.

Mr Quickcool's safety tips



**KEEP HOT
DRINKS OUT
OF REACH OF
CHILDREN**

**Test your
smoke alarm
once a month.
Check batteries
twice a year**

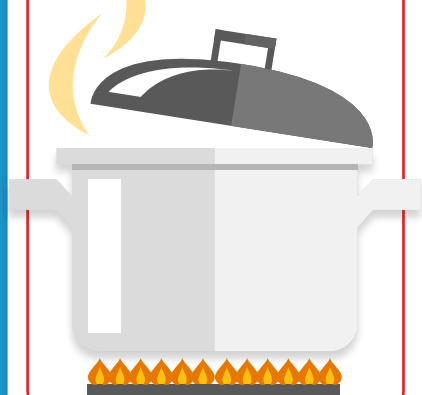


**Always get an
adult to take things
out of the stove and
microwave**

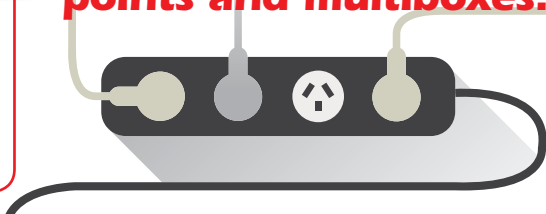
**Use fire guards
with heaters
and fires.**

**Remember the
'metre from the
heater' rule.**

**Never leave
cooking
unattended.**



**Don't overload power
points and multiboxes.**



Burn Code

25	6	9	13	8

7	26	16	22

26	7

15	22	26	8	7

7	4	22	13	7	2

14	18	13	6	7	22	8

7	12

24	12	12	15

THE CODE

26	25	24	23	22	21	20	19	18	17	16	15	14
A	B	C	D	E	F	G	H	I	J	K	L	M

13	12	11	10	9	8	7	6	5	4	3	2	1
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

(Activity answers on last page)

15 minutes after
being made, a hot drink
can still burn a child



Mr Quickcool's first aid for burns

1. Cool the burn by running water from the cold tap gently over the burn for at least 20 minutes, or until an ambulance arrives.
2. Don't touch the burn or burst any blisters.
3. Once cooled remove the clothing from the burned area. If clothing sticks, cut around the fabric.
4. Cover the burn with clean, non-fluffy material (eg; a sheet), or loosely cover with plastic wrap. **DO NOT COVER THE FACE.**
5. Seek advise from your doctor or hosipital.



**IN AN EMERGENCY
DIAL 111**

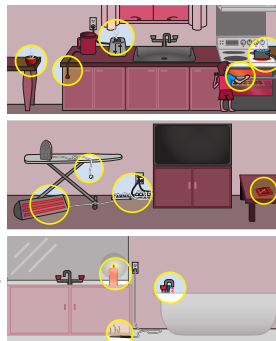
Activity answers

P2 - Hazards around the house

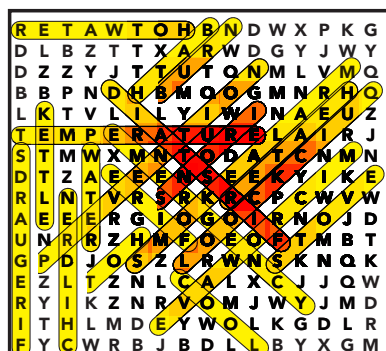
In the Kitchen: • Kettle cord hanging off the bench. • Hot cup of tea near the edge of the table. • Child opening oven door. • Pot hangers hanging over edge. • Toaster placed below curtains.

In the Lounge: • Iron left unattended with cord hanging. • Unguarded heater. • Too many plugs in power board. • Matches left unattended.

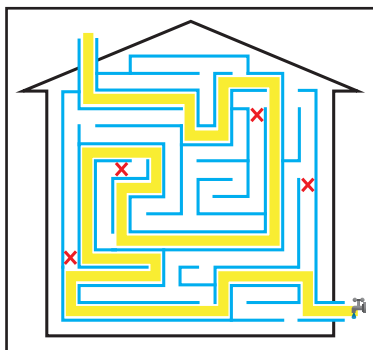
In the Bathroom: • Hot water running unattended. • Hair curlers left on floor while hot. • Candle left burning unattended.



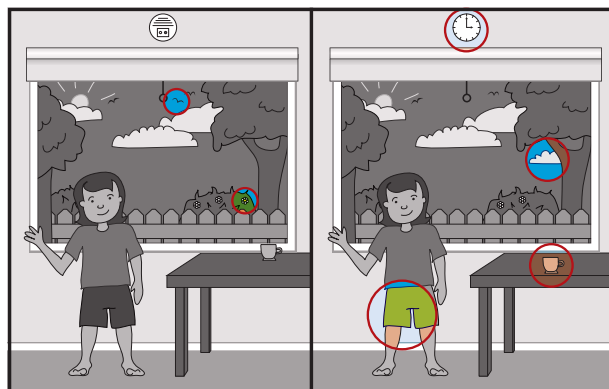
P4 - Word find



P11 - Maze



P6-7 - Spot the difference (10 differences)



P8 - Crossword

1. cords
2. leave
3. fire
4. adult
5. water
6. check
7. smoke
8. minutes
9. emergency
10. heater
11. drinks

P13 - Burn Code

'Burns take at least 20 minutes to cool'

Thanks for this book goes to:

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www.burns.org.nz