

BE COOL!

KIDS BURN PREVENTION
ACTIVITY BOOK



Learn, don't burn

Brought to you by



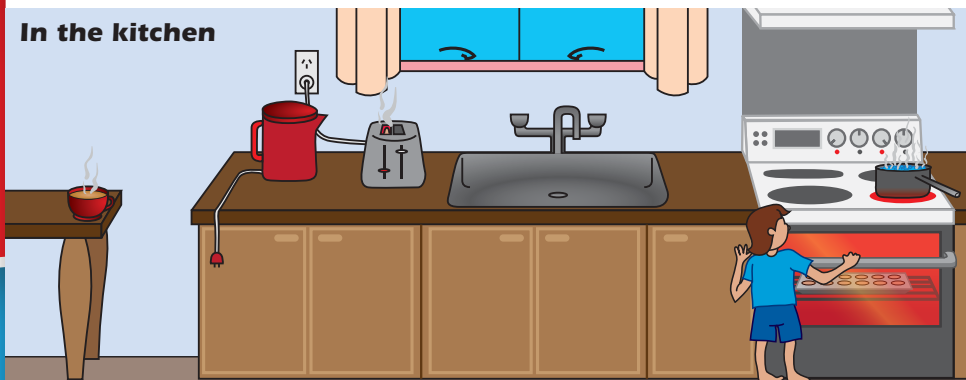
Burn Support Group
Charitable Trust,
Inc Auckland

Hazards around the house

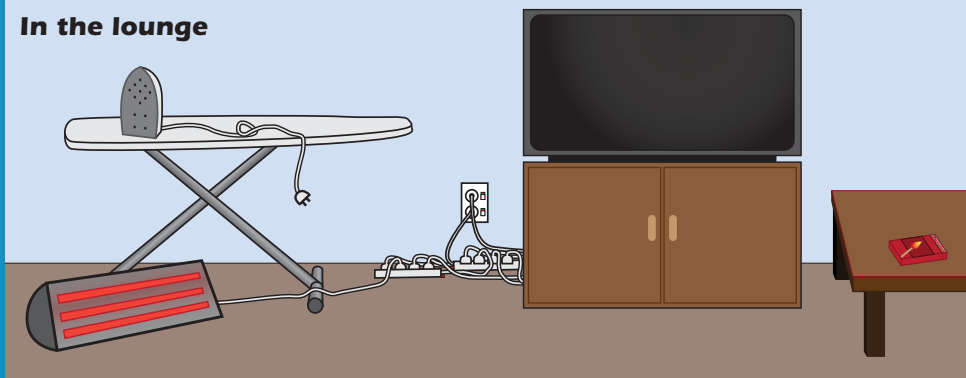
Can you circle all the potential hazards around the house? There are 15.

(Activity answers on last page)

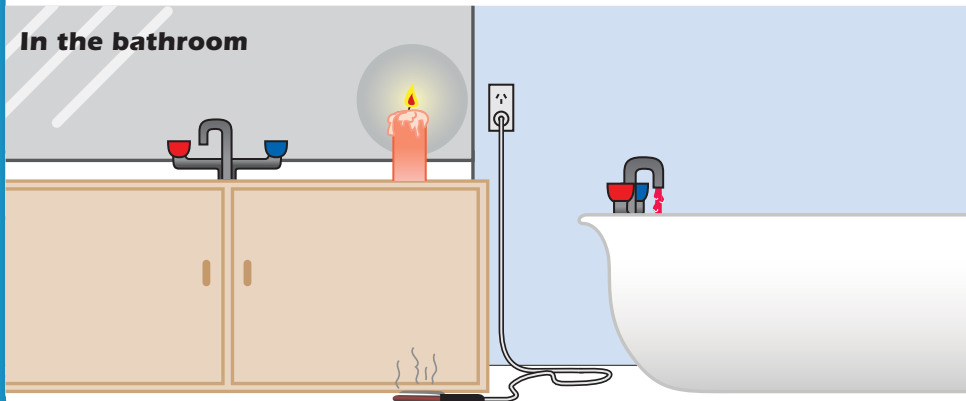
In the kitchen



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 |

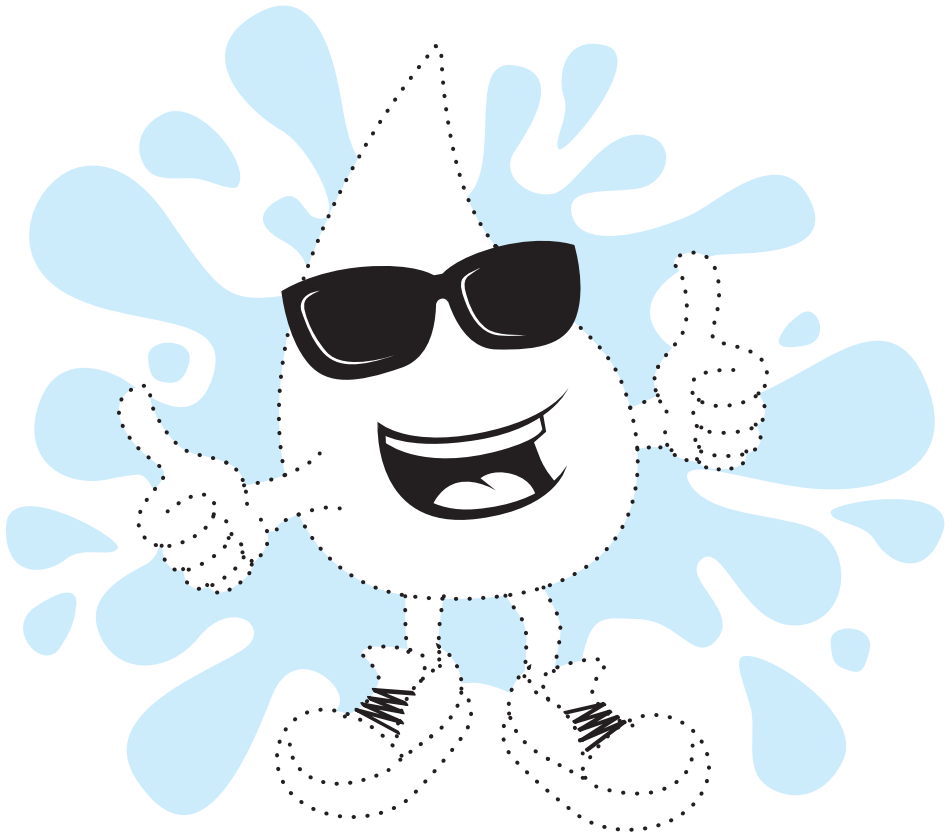
(Activity answers on last page)



**Only grown ups
make hot drinks**

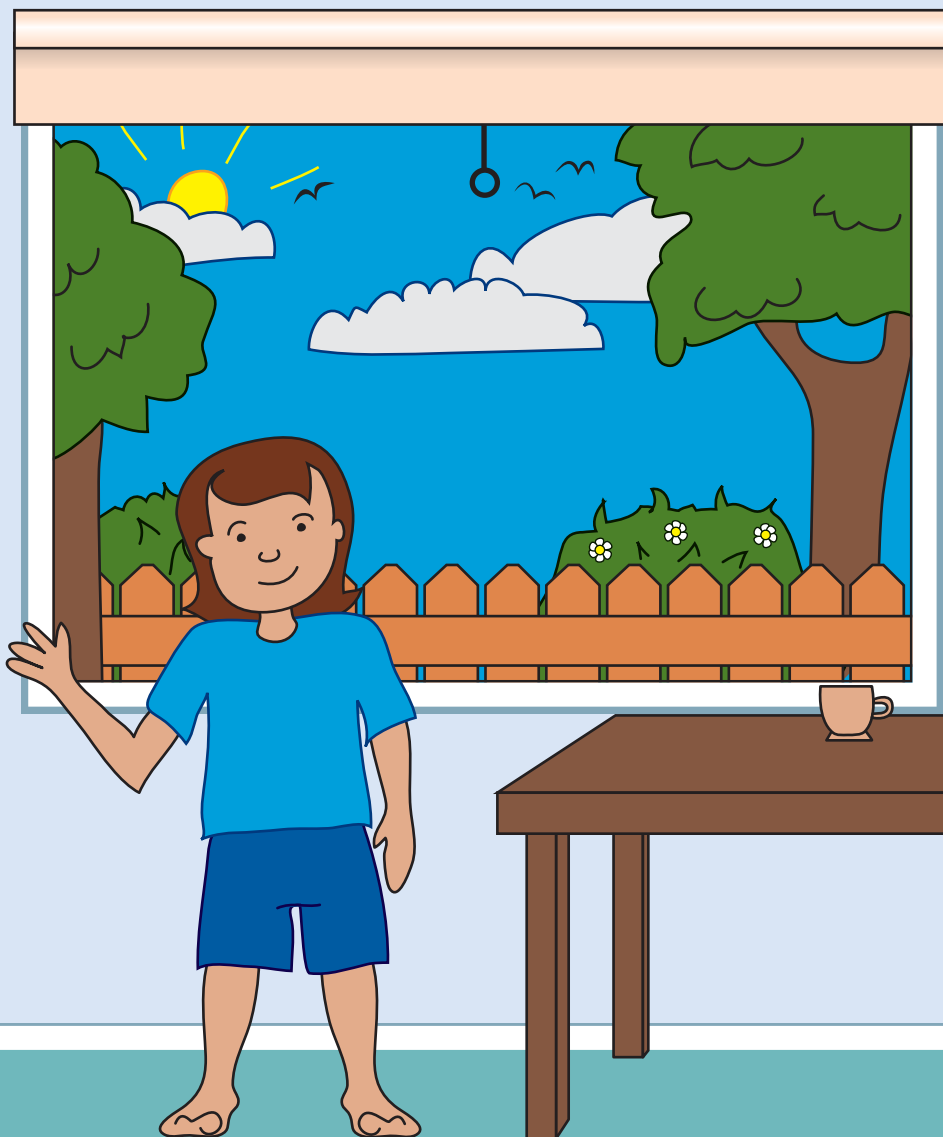


•Dot•to•dot•



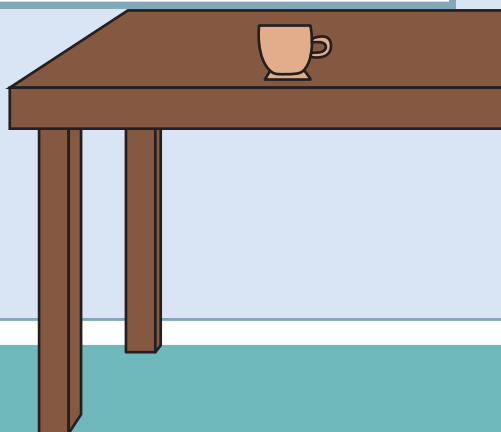
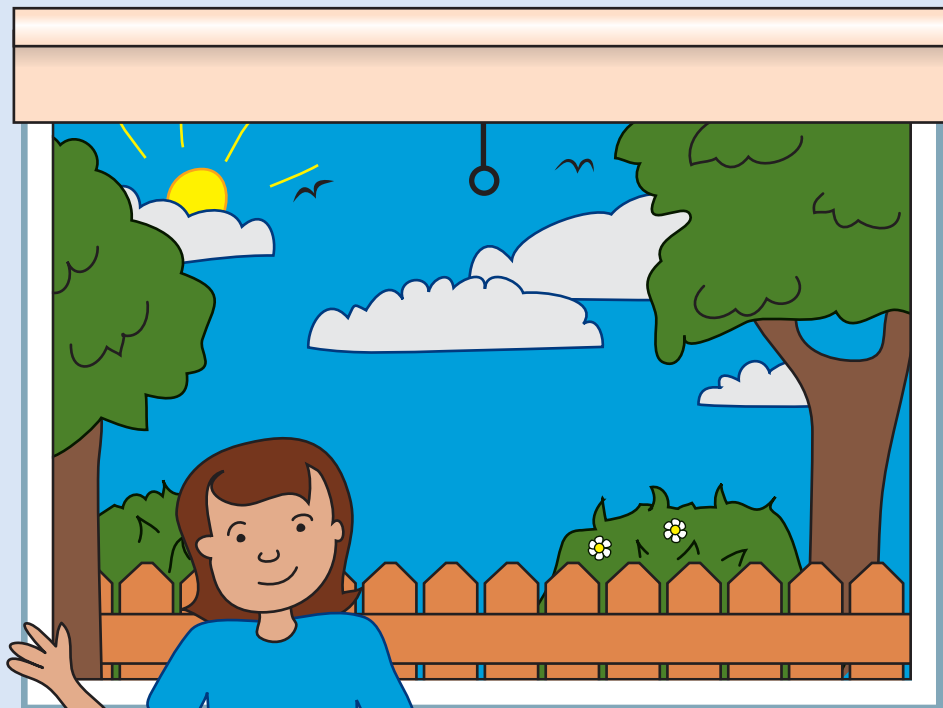
**Hot water burns
like fire**

Spot the difference

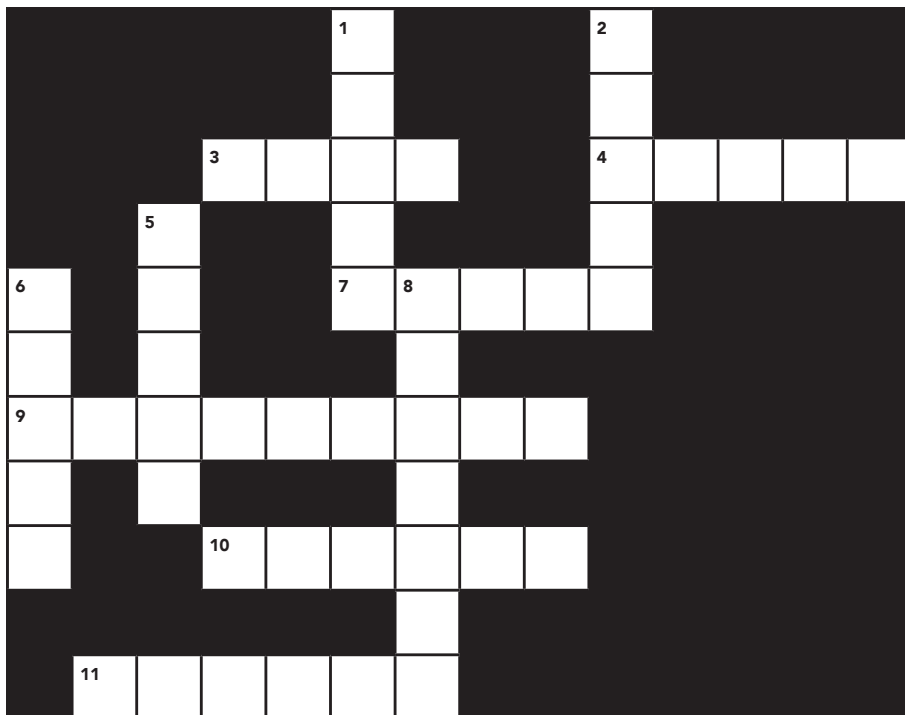


(Activity answers on last page)

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

**In
January
EACH
year!**

Children's **CAMP**



*A Chance for
Kids
to just be*

KIDS

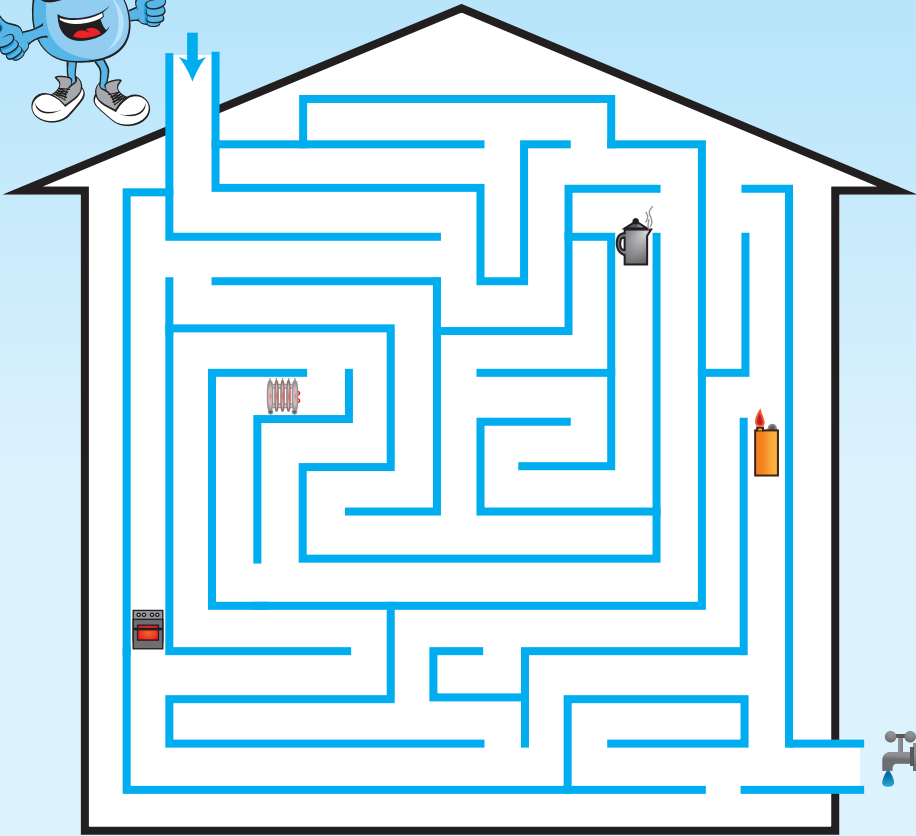


If you have a child aged between 7 and 18 who has sustained a burn injury and may be interested in attending our annual camp.

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

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**

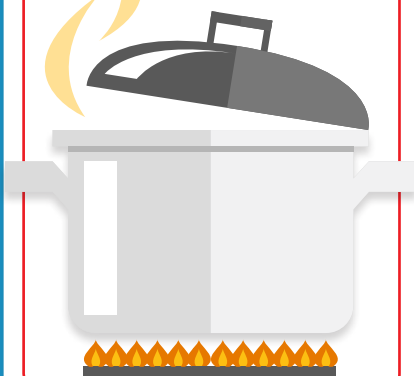


**Always get an
adult to take things
out of the stove and
microwave**

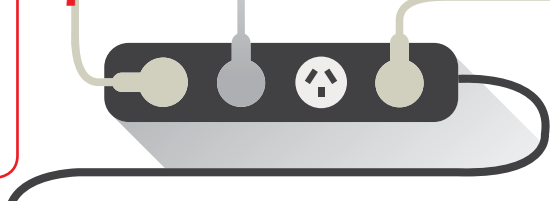
**Use fire guards
with heaters
and fires.**

**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**



BURN SUPPORT GROUP
CHARITABLE TRUST INC
PREVENTION - EDUCATION - CARE

CONTACT SHEET

Given name/s:

Family name:

Birth date:

Male/female

Address:

Home phone number:

Mobile number:

E-mail address:

. How did your injury happen/Optional?

. Would you like to be informed of our Events/Newletters/Workshops?

. Are there any other ways we could provide practical/emotional support to your family?

Signed:

Date:

Thank you for taking the time to give us your details, which will be held on the B.S.G database and will NOT be shared with any other persons/organisations or charities.....

Burn Support Group Charitable Trust, Inc
Private Bag 97164, Manukau City, Auckland 2241
09 270 0640 info@burns.org.nz www.burns.org.nz



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