

Preventing Burns & Scalds

*Advice for households with
children Under 5*



A child's skin is 15 times thinner than an adult and will burn or scald more severely and more easily.

Young children, until they develop both strength, balance and understanding, are at particular risk and need those around them to help keep them safe.

Bath Scalds

- These can happen if the child gets in to the bath when the water is too hot. Bath scalds cause some of the worst scald injuries because a large area of the body is exposed to the hot water.
- **A child can go into shock when scalded and can't easily call out or get out of the hot water themselves.**

Preventing bath scalds

- Supervise bath time – it only takes a second for an accident to happen. Before running the bath bring all you will need within reach of the bath so that you don't need to turn or move away and keep the child from getting in to the water before it is ready.
- Run **COLD** water into the bath before adding the **HOT** water (recommended temperature is 37°C).
- Test the water with your elbow or inside of your wrist for a slow count of 5. It should be comfortably warm – not hot.

Preventing Scalds

A cuppa can stay hot enough to scald a baby for 15 minutes!



Keep them out of reach and don't hold a baby or child while drinking a cuppa.

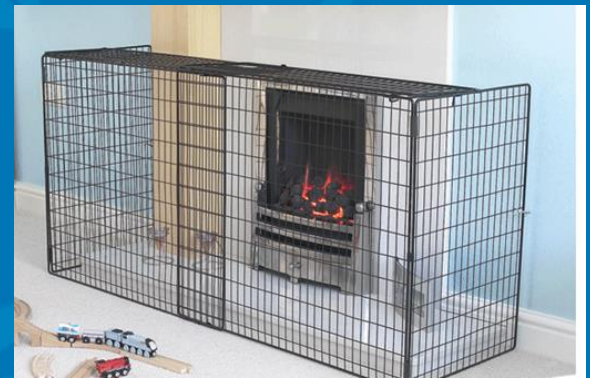
Hot liquids in kitchen

- Keep children out of the kitchen.
- **Make sure the Kettle and it's flex are away from the edge of the kitchen counter so it cannot be grabbed by a small child or knocked over.**
- Use the back rings on the cooker and keep saucepan handles turned away from the edge.
- **Minimise the distance that hot pans and kettles have to be moved.**



Preventing Burns from dry heat sources

- Keep matches and lighters out of children's sight and reach.
- **Fit a Fire Guard around the fireplace to keep children a safe distance from open fires and stoves.**



- Ensure ironing is always done when children are not around.
- **Keep the iron on a heatproof surface when heating up/cooling down.**
- Make sure the cord is not within a child's reach.



- **1 in 10 children admitted to hospital* with a burn were injured by Hair straighteners. When fully heated up the hotplates reach over 200°C**



- **Keep children away when using them and use a heatproof mat/case to set them on and to cool down in. It can take over 30 minutes to cool down completely!**

*Royal Belfast Hospital for Sick Children

Can the Council can help?

We provide home safety checks for households with a child under 5 where we can give tailored information and advice about home safety.

If eligible, useful home safety items/gadgets can be provide free of charge.

**To self refer or to refer on someone's
behalf please contact us on:**

028 9034 0160

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