

Burns can cause permanent scars.

- Over 600 children under the age of five present to hospital every year with a burn injury. More than half (57%) of these burns occur in the kitchen.
- Children's skin burns deeper, quicker and at lower temperatures compared to adults.
- Soups, noodles, tea and coffee are among the most common causes of scalds for children under the age of five and can take less than a second to cause a serious burn.



First aid for burns

Use cool running water on a burn for **20 minutes**. This will stop the burning process and cool the burn. Cool running water can be useful within three hours of a burn.

Call 000 or seek medical help if you are unsure.

Never use ice, iced water, cream, toothpaste or butter on a burn as they can make the burn worse. Burn creams do not cool the burn and must not be used instead of cool running water.



Ice



Burn Cream



Toothpaste



Butter



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LEARN TO STOP BURNS + SCALDS IN THE KITCHEN



The Sydney children's Hospitals Network
care, advocacy, research, education



Always:

Use the **back stovetop burners** rather than the front ones so young children can't reach them.

Turn the pot handles so they are out of reach of young children.

Stay in the kitchen when cooking and **supervise children at all times**.

Use a barrier, such as a **stove guard** which you can buy from your **local hardware store**.

Enclose cooking areas, separate them from living areas and keep them off the ground so they are **out of reach of young children**.



Always:

Push all **electrical equipment to the back of the bench** so young children can't reach them.

Use a hook to hang up loose cords, wind up excess cords or use cordless equipment so children can't accidentally pull the equipment on top of themselves.



Always:

Use non-slip placemats and coasters instead of tablecloths so young children can't pull hot food and drinks onto themselves.

Place hot food and drinks **out of reach of young children**.

Eat and drink hot food **without children on your lap**.

It can take up to an hour for boiling water in hot noodle containers to cool down to a safe temperature. **ALWAYS** drain the hot water from the noodles prior to eating and **sit at a table when eating hot noodles**.

