LEARN TO STOP
BURNS + SCALDS IN THE KITCHEN

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.

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.

Burns can cause permanent scars.
- Over 600 children under the age of five present to hospital every year as a result of burns. More than half (57%) of these burns occur in the kitchen.
- Children’s skin burns deeper, more quickly 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.

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.

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 sitting 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.

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