

Burns Team Contact Details

For more information about any of the services please contact a member of the Burns Team.

Burns Unit Tel: 0151 252 5400 Open 24 hours seven days a week	Occupational Therapy Dept Tel: 0151 252 5453 Open Monday-Friday 9.00 am-5.00 pm
Physiotherapy Dept Tel: 0151 252 5236 Open Monday-Friday 9.00 am-5.00 pm	Psychology Dept Tel: 0151 252 5586 Open Monday-Friday 9.00 am-5.00 pm

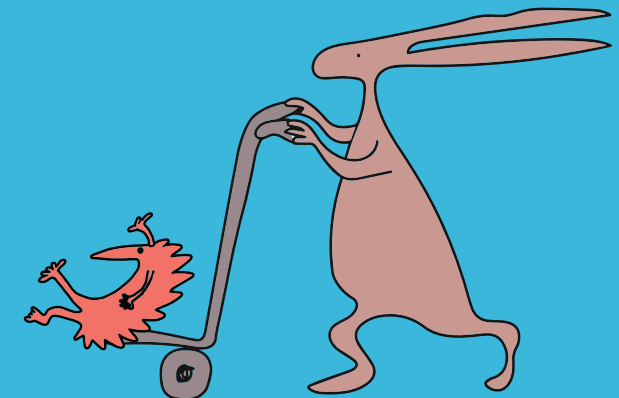
This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

Burns Unit

Advice to reduce the risk of burns

Information for parents and carers



Introduction

Unfortunately burns and scalds are not uncommon in toddlers and children but many are preventable. The following information is designed to help you understand the common causes of injury and what you can do to reduce the risk of them happening.

Fires

Keep candles, matches and lighters out of children's sight and reach.

Have a fireguard in front of electric and gas fires, log burners and open fires.

Install smoke alarms and check them regularly to ensure they are working and have a fire escape plan that all the family knows.

Be careful around flames with flammable materials such as fancy dress costumes.

Hot Appliances

Keep children away from hot oven doors and hobs and keep appliances such as kettles and saucepans out of reach.

Check appliances cords are not hanging down for children to pull.

Check hair straighteners and irons are kept out of reach whilst cooling down. Take care around barbecues.

Sun

Children's skin is a lot more sensitive than adults. Always:

- Slip on a t shirt,
- Slap on a sunhat
- Slop on some sun block (Factor 50)

Baths

Keep children out of the bathroom when not supervised.

Always run the cold water first into the sink or bath before adding hot.

Check the temperature with your elbow or a thermometer

Consider fitting a thermostatic mixer to bath taps which prevents the water getting too hot.

In the kitchen

Do not allow children to sit or climb on kitchen worktops.

Point the handles of saucepans away from the front of the hob and move kettles out of children's reach.

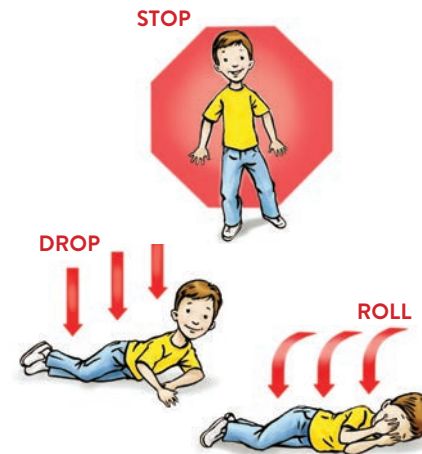
Hot drinks

Put all hot drinks out of the reach of toddlers and children. A hot drink can still scald a child 15 minutes after being poured. Do not drink hot drinks with a baby on your lap or pass hot drinks over them.

Be careful warming milk in hot water - use a bottle warmer if possible.

First Aid

- Stop the heat
- Remove the hot liquid
- Put any fire on the child out - make the child Stop, Drop to the ground and Roll on the ground



- Cool the burn with tepid tap water for 20 minutes and remove clothing and jewellery if it is easy to take off

- Call for help - 999, 111 or your GP for advice
- Cover the area with cling film or a sterile non fluffy dressing
- Keep child warm whilst doing this

Do Not

- Use anything else on the skin. This includes butter, nappy cream, toothpaste, turmeric or tea leaves
- Do not apply ice to the skin.
- Do not try and burst blisters

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