



FACT

Burns and scalds in young children often occur in the home and are usually caused by hot beverages, hot tap water, saucepans of hot liquids, and boiling water in kettles (NIPAC, 1999)

WHAT CAN YOU DO TO HELP REDUCE THE EFFECTS OF A BURN INJURY?

Ensure that all adults in the household know and understand proper first aid.

Teach children the general first aid principles.

FIRST AID

If on fire:

- Stop, Drop, Cover and Roll
- Smother the flames with a blanket
- Move away from heat source

Protect your own safety at all times

For all burns apply cold running water:

- For at least 20 minutes
- If running water not available, wet 2 cloths and alternate them onto the burn every 2 minutes
- Keep the rest of the body warm

Do NOT use ice, butter, creams, etc.

Remove clothing and jewellery

- Clothing can hold heat on the burn
- If swelling occurs jewellery can stop blood flow to the burn

Seek medical attention

- For any burn bigger than 20c piece size, or that blisters
- If there are any concerns
- A collaboration of the NSW Fire Brigades and the NSW Severe Burn Injury Service

For Further Information on Burn Injuries

NSW Severe Burn Injury Service

Ph: (02) 9926 5641

Royal North Shore Hospital

Ph: (02) 9926 8940

Concord Hospital

Ph: (02) 9767 7776

Adult Unit

Children's Hospital at Westmead

Ph: (02) 9845 1114

Adult Unit Paediatric Unit



For more information contact your local fire station or visit:
www.fire.nsw.gov.au www.rfs.nsw.gov.au www.esa.act.gov.au

