

# Prevention of Hot Ash Burns

## Factsheet

- Hot ash burns are the 4<sup>th</sup> most common cause of burn injury to children\*, often from improperly extinguished fires. Hot ash is also the 7<sup>th</sup> highest burn injury to adults
- Hot ash burns typically occur in children around 2 years of age, boys and girls alike.
- Burns usually happen to the soles of the feet, and often hands and knees when the child sinks into the hot sand and falls over.
- **Babies and young children have thin, fragile skin which burns deeper and more quickly than adults and at lower temperatures.**

\*Data obtained from Burns Registry of Australia and New Zealand (BRANZ) 2020



- ✓ Do put out campfires with water
- ✓ Do check camping areas upon arrival for remnants of campfires left by previous campers
- ✓ Do insist on children wearing footwear when playing outside
- ✓ Do use a ring of stones to mark an area around the campfire



- ✗ Do not leave children unsupervised in a campsite area or near campfires
- ✗ Do not cover campfire with sand or dirt

### First Aid for Burns

If you, or someone you know is burnt, take the following actions:

1. Remove clothing and jewellery
2. Apply cool running water to the burn for **20 minutes** (effective up to 3 hours after injury)

Spraying water or alternating wet cloths can help if limited water

If no water available a hydrogel burn first aid dressing can be used until water available.

Caution use on large %TBSA due to hypothermia

**Do NOT use ice, butter, creams or alternatives**

3. Cover burn with clean cloth and keep the patient warm
4. Seek medical attention for any burn bigger than 3cm; or with blisters; or if any other concerns

