

Prevention of Hot Oil Burns

Factsheet

- Cooking with oil is a common method of preparing food items, and burn injuries from scald or flame can occur if oil spills or catches fire.
- Burn injuries from hot oil are the second most common type of burn in adults and are also ninth most common in children*
- Flame burns occur when a pan of oil catches alight, and are often caused when people leave the pan unattended because they are distracted or under the influence of alcohol or drugs.
- It is common to try to move a flaming pan outside which causes a rush of flames and heat toward the face and chest of the person carrying the pan.
- Oil spills and spatters also occur causing severe scald burns to the face, chest, arms, legs and hands.
- Extinguishing the fire by throwing water on the pan of burning oil is very dangerous and results in an explosion.
- These injuries are very painful, can be disfiguring and often require surgical grafting procedures due to the intense heat generated by the oil and longer contact times that occur when carrying the pan.

*Burn Registry of Australia & New Zealand (BRANZ) Annual Report 2020



If hot oil catches fire:

- ✓ Do make sure nobody is close to the area
- ✓ Do turn off heat source (if safe to do so)
- ✓ Do cover with lid, fire blanket or damp towel and leave until

- ✗ Do not apply water to oil
- ✗ Do not pick up the pot
- ✗ Do not try to carry outside
- ✗ Do not throw oil
- ✗ Do not take cover off to see if it is still burning

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



For more information go to www.anzba.org.au