

Prevention of Hot Oil Burns

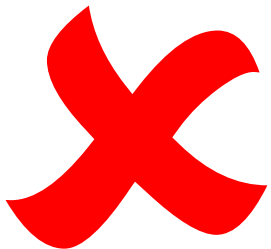
Factsheet

- Cooking with oil is a common method of preparing food items, and suffering a burn injury as a result can prove not only painful but also disfiguring.
- Hot oil burns are often caused when people leave pan unattended when they are distracted or under the influence of alcohol or drugs.
- Many patients seen in Burn Units report cooking with a pan of oil that catches alight, they then try to move it outside.
- Unfortunately such an action can result in oil spills and splatters onto all parts of the body, in addition to the rush of flames and heat toward the face and chest of the person carrying the pan.
- Alternatively, patients also describe attempting to extinguish the fire by throwing water on the pan of burning oil, resulting in an explosive effect.
- Either mechanism of injury often causes severe burns to the face, chest, arms, legs and hands, with many of these injuries requiring surgical grafting procedures.



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 wet towel and leave until cool

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- ✗ 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 at least **20 minutes**
3. Cover burn with clean cloth and keep the patient warm
Do NOT use ice, butter, creams, etc
4. Seek medical attention for any burn bigger than 3cm, or with blisters, or if any other concerns are present

