

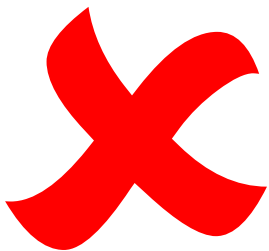
Prevention of Hot Water Bottles Burns

Factsheet

- Hot water bottles are comforting for warmth or can assist with injury treatment. Incorrect use results in serious burns. Burn injuries occur when filling a hot water bottle or expelling air from the bottle. Rubber hot water bottles perish, increasing the risk of leaks or splitting at the seams – especially if placed under pressure by a person lying on it in bed.
- Every year up to 200 Australians are admitted to hospital with these injuries. They can be deep, painful and may require long hospital treatment, including skin grafts, and often result in permanent scarring.
- **Young children and elderly have fragile skin and their skin burns deeper and more quickly than adults and at lower temperatures**



- ✓ Do replace hot water bottles every 12 months.
- ✓ Do check hot water bottles for damage before each use.
- ✓ Do choose a hot water bottle with a large opening to reduce the risk of splashing when filling.
- ✓ Do pour slowly and do not overfill.
- ✓ Do ensure the plug is properly fitted and sealed to prevent leakage.
- ✓ Do use a cover or wrap a towel around the bottle.
- ✓ Do remove the bottle before you get into bed.
- ✓ Do store empty hot water bottle in a cool, dry location.



- ✗ Do not use boiling water to fill a hot water bottle.
- ✗ Do not fill a hot water bottle near children.
- ✗ Do not warm in a microwave or oven.
- ✗ Do not use a hot water bottle in a bed fitted with an electric blanket.
- ✗ Do not lean, roll, lie or press against a hot water bottle.



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 20c piece size, or with blisters, or if any other concerns are present