Prevention of Childhood Scalds

Factsheet

ANZBA
Australian & New Zealand Burn Association

Care • Prevention • Research • Education

The most common type of burn injury for children aged 0-5 years is scalds*. Most scald burns in this age group are due to young children mimicking adult behaviour. This often results in burn injuries caused by pulling down hot drinks off tables, reaching up to grab handles of saucepans or by playing with the taps in the bath.

Babies and young children have fragile skin and their skin burns deeper and more quickly than adults and at lower temperatures

*Data obtained from Burns Registry of Australian & New Zealand (BRANZ) 2014

- ✓ Do turn saucepan handles away from the edge of the stove.
- ✓ Do make sure that all hot liquids (including coffee, tea, noodles and soup) are well out of reach.
- ✓ Do test the bath water before putting the child in.
- ✓ Do ask your plumber to install a tempering device to regulate the temperature of hot water to 50°C throughout your home.
- ✓ Do strain the hot liquid from microwaved noodles before serving to a child.
- ✓ Do eat hot food at a table not from the lap.
- ✓ Do ensure your upright stove is fixed to the wall or floor to avoid scalds from toppling pots.
- ✓ Do keep kettle cords out of reach of children and only boil enough water for your immediate needs.
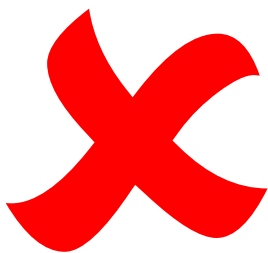
- ✗ Do not carry a child on your hip, or nurse a baby or small child whilst cooking, drinking hot drinks or heating a baby's bottle.
- ✗ Do not leave a child unattended where a hot water tap is on or accessible.
- ✗ Do not run the hot water tap on its own when running a bath
- ✗ Do not leave a child unattended in the kitchen or bath.

burn first aid
20 minutes
cool running water

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

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