

# Prevention of Hot Noodle Burns

## Factsheet

- Instant hot noodles are a convenient and economic meal requiring limited preparation often making them popular with children. They are available as packets to cook on the stove or microwave; and as bowls or cups which need boiling water added.
- The main ways people sustain burns by noodles are
  - Toddlers reaching up and pulling the container down from the bench
  - People removing noodles from microwaves, especially those at raised height or containers very full of liquid
  - People who eat their noodles whilst distracted such as whilst watching television.
- Noodles are very hot immediately after cooking; particularly those cooked on the stove or in the microwave, and take a long time to cool down. Almost 50% of burn injuries in children occur in the kitchen\*
- For the younger children this can cause burns to the face, chest, arm and hands.
- For the older children and adults this can cause burns to the lower body, legs and genital/buttock areas.

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



- ✓ Do turn saucepan handles away from the edge of the stove.
- ✓ Do make sure that the noodle container/dish is well out of reach.
- ✓ Do strain the hot liquid off cooked noodles before serving.
- ✓ Do eat the noodles at a table and not from the lap.
- ✓ Do **actively** supervise children while they are eating noodles.

- ✗ Do not leave young children unattended whilst noodles are hot.
- ✗ Do not let young children cook noodles unsupervised.
- ✗ Do not let children remove hot noodles from microwaves
- ✗ Do not eat noodles from a container on the lap.



### 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