


# Prevention Information for New Parents & Caregivers


## Factsheet

- Every year many young children are hospitalised as result of a burn injury
- Children under five years have the highest incidence of burns\*
- Hot objects and hot substances are common causes of burns (e.g. hot water, hot drinks)\*

**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 Australia and New Zealand (BRANZ) 2020

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- ✓ Do put baby down when cooking
  - ✓ Do test food from the microwave before feeding to baby
  - ✓ Do use safety plugs in low electric sockets
  - ✓ Do use nightwear that has low fire risk labels
  - ✓ Do set the hot tap water to 50°C maximum
  - ✓ Do always put cold water into baby's bath first, then add hot water (always check the water temperature)
  - ✓ Do have a fire extinguisher or a special fire blanket in your home? – keep it in the kitchen
  - ✓ Do install smoke alarms in the home
  - ✓ Do use sunscreen and place baby in the shade on sunny days

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- ✗ Do not leave baby in direct sunlight
  - ✗ Do not pass hot drinks or hot food over a child's head
  - ✗ Do not hold a child and a hot drink at the same time
  - ✗ Do not place baby directly on or within arm's reach of the benchtop
  - ✗ Do not leave bar heaters, or heaters without thermostats, on where baby sleeps

### 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

