



How to treat a burn, and what to avoid

- Only use cool water on the burn to reduce pain and increase the healing rate
- Run cool water over the burn for 20 minutes
- Keep the rest of the body warm with blankets or extra clothes – particularly for children
- Do not apply ice to the burnt area
- Do not apply aloe vera, butter or toothpaste, which can make burns worse
- For serious and large burns seek immediate medical help

Coffee mishap: Sunbury mum Melanie Mason has a warning for others after her son Logan Gray was seriously burnt. Picture: JAKE NOWAKOWSKI



Kitchens pose growing threat of burns

Keep our kids safe

PARENTS are warned to keep small children away from the kitchen as worrying rates of burns related to food and drink are revealed.

And experts say the age of wall-to-wall cooking stoves such as *Masterchef* means more programs are needed to educate parents and children about scald risks lurking on the stovetop.

The first complete snapshot of serious burn victims compiled by the Australia and New Zealand Burns

Matt Johnston

Association will be released today, showing more than 550 children were admitted to hospital in 2009-10.

For children 15 years and younger, almost a third of injuries occurred when near someone preparing food and drink.

Another third occurred when "playing".

Sunbury mum Melanie Mason said her youngest son Logan had to go to Royal Children's Hospital after he managed to reach a

cup of coffee on a bench. Ms Mason said the accident occurred in a split second as she spoke to another child.

"He's OK now, he's back to his usual mischievous self," she said. For very young kids, almost half of one-year-olds scalded were near parents cooking.

Burns Association president Heather Cleland said burns to children could be "devastating", and treating them quickly with cool water was important.

"Ideally, if parents and

adults are cooking in the kitchen, then small children should be out of the way," Ms Cleland said.

About 1550 adults in Australia and NZ were admitted to hospital for burns in 2009-10, and most were men.

Many were burned using accelerants such as petrol on barbecues or fires.

The new Burns Registry report will be used to build preventative campaigns and analyse treatment techniques for life-threatening burns.

Burns Association edu-

cation expert Siobhan Connolly said prevention campaigns were important now that more cooking shows in our faces.

"It's not just *Masterchef*. There are a lot of programs that deal with cooking on TV," she said.

"It is good that we are teaching new methods of getting people to eat healthy, but we also need to raise awareness that we are exposing them to new possibilities of getting burnt, as well."

johnstonm@heraldsun.com.au