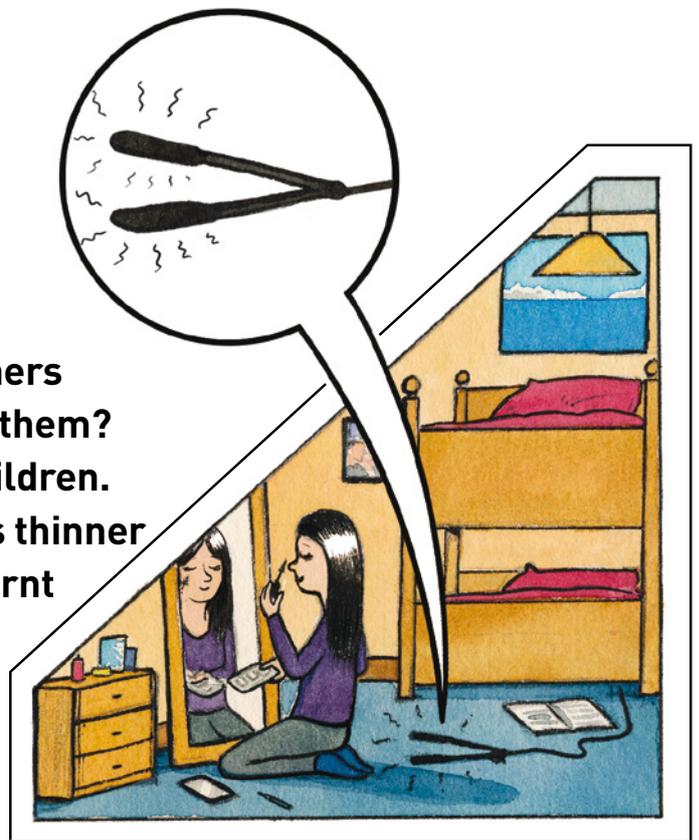


# Burns and scalds

**Fast boil kettles, fast heating straighteners and hobs – how did we manage without them? But not so good for babies and small children. Did you know... A baby's skin is 15 times thinner than an adult's, so they can get badly burnt on hot things much more easily than us.**



**Hair straighteners** – can get as hot as your iron and can still burn 15 minutes after they are switched off.

- Keep straighteners out of reach when you're using them
- Put them in a heat-proof pouch or on a high shelf to cool.

**Internal burns from button batteries** – if swallowed, a lithium coin cell battery can burn through a child's throat and lead to serious internal bleeding and even death.

- Keep objects with accessible button batteries well out of young children's reach
- Store spare batteries somewhere safe and take care when replacing batteries.

**Cooking** – hot cooker hobs, oven doors, kettles and saucepans are just a few of the dangers in the kitchen. **Young children don't have a reflex to pull away from something that is burning them, it's something we learn.**

- Push kettles to the back of the worktop and try to use the back rings on the hob. Better still, keep children out of the kitchen when you're cooking if you can.

**Hot drinks** – Your hot drink can scald a baby 15 minutes after it's been made.

- Put your hot drink down well out of reach – don't rely on young children understanding not to touch
- Put your baby down safely before you pick up your hot drink.
- In cafes make sure children stay close to you or in their seats to avoid bumping into people carrying hot drinks
- Tell family members about the dangers of hot drinks

**Bath water** – can cause a serious scald in just 5 seconds.

- Put the cold water in first and top up with hot, in case your toddler takes a tumble into the bath.

**Fires and heaters** – babies in cots can trap arms or legs against radiators. Children can touch or fall into fires, especially if using babywalkers.

- Move cots away from radiators
- Fit fireguards around fires and heaters.

## Find out more and share

Follow us on Facebook and share with friends and family:

[www.facebook.com/ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust)

Visit the safety advice section of the Child Accident Prevention Trust website: [www.capt.org.uk](http://www.capt.org.uk)

# Burns and Scalds

Six toddlers are admitted to hospital every day because they've been badly burned.



## Activity ideas

- Show the CAPT video of bacon and eggs being cooked on burning hot hair straighteners and ask parents to guess how long it takes for hair straighteners to cool. Complement this with a lively discussion using CAPT's [Hair straighteners education pack](#).
- Display CAPT's [button batteries poster](#) and download our new session plan [www.capt.org.uk/button-batteries](http://www.capt.org.uk/button-batteries). Demonstrate the damage a lithium coin cell battery can do if it becomes stuck in the throat, by placing one in a slice of ham several hours before your event. Parents will be shocked to see how the caustic soda has eaten into the ham!
- Get 3 disposable coffee cups. Write '5', '10' and '15' on each one respectively. Ask parents to guess how many minutes after it's been made that a hot drink can still scald a child (correct answer: 15).
- Use a bowl and two jugs of water (hot and cold). Ask parents to agree the right temperature for a baby's bath. Use this to start a discussion about running a bath safely, cold water first.
- Run a demonstration using cold coffee or dye and pour this over a doll in a babygro to show the extent to which a baby can be burned by a hot drink.
- Use CAPT's DVD resource pack [Too hot to handle](#) and help parents understand the small things that can prevent serious burns. There are three films to show, support cards to help you run lively discussions and colourful flyers to remind parents what they've learnt. Now just £25.
- The average one year old is 2ft 6 – the same height as a dining table. Demonstrate how far they can reach by asking parents to guess the safe distance to place a hot drink on a table. Mark this with masking tape and award the winner a prize!

## CAPT resources for your event

- Too hot to handle DVD resource pack
- Button batteries poster and flyer
- Hair straighteners education pack
- Hot drinks can hurt me poster
- How safe am I from bath water scalds? flyer
- How safe am I from burns at home? flyer
- Keep hot drinks out of my reach flyer
- Keep hair straighteners out of my reach flyer
- How safe is your child from burns and scalds? leaflet

Available from CAPT's online shop  
[www.capt.org.uk/shop](http://www.capt.org.uk/shop).

## Useful links

Visit the CAPT website [www.capt.org.uk/button-batteries](http://www.capt.org.uk/button-batteries) to download the new button battery session plan or [www.capt.org.uk/News/hairstraightener-burns-for-life](http://www.capt.org.uk/News/hairstraightener-burns-for-life) for hair straightener resources, or [www.capt.org.uk/csw-action-pack](http://www.capt.org.uk/csw-action-pack) for other useful resources including the burns and scalds safety cards.

British Red Cross has a useful video and advice on treating children with burns: [www.redcross.org.uk/first-aid/learn-first-aid-for-babies-and-children/burns](http://www.redcross.org.uk/first-aid/learn-first-aid-for-babies-and-children/burns)

Visit the Children's Burns Trust website for age related burns prevention advice <https://www.cbtrust.org.uk/learning-zone/>