

# Keeping Tamariki Safe

# Burns



**Replace hot water bottles every 12 months**



**Turn pot handles back and keep tamariki away**



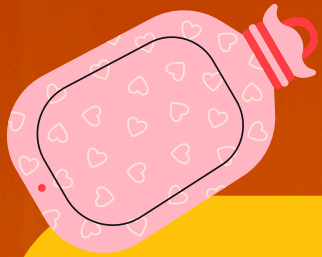
**Keep hot appliances out of reach after use**



**Every where needs working smoke alarms**



**For serious burns, call 111 and cool the burn under running water for 20 minutes.**



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## Hot Water Bottle

### Tamariki at risk

- Young tamariki and those with less feeling can get serious burns. Best not to let them use hot water bottles.

### Check the mark

- Look for BS 1970:2012 on the neck. Replace every 12 months.

### Filling safely

- Use hot tap water (not boiling), fill  $\frac{2}{3}$  full, pour slowly, and seal tight.

### Use with care

- Always cover, never place on bare skin.

Check for cracks or leaks before use.

### For children & elderly

- Warm the bed, then remove the bottle. Older tamariki should never sit or lie on one.

## Burns & Scalds Safety



- Keep hot drinks, pots, and pans out of reach
- Turn pot handles to the back of the stove
- Set hot water taps to max 50°C if possible
- Always check bath water temperature with your elbow
- Never leave tamariki alone near hot water
- Be careful with microwaves, stir food and let it cool before serving
- Keep hot appliances like hair straighteners out of reach



## First Aid for Burns

- Cool the burn under cold running water for 20 minutes
- Remove clothing or jewellery near the burn unless stuck
- Do not use ice, butter, or ointments
- Cover with a clean cloth or cling film
- Get medical help for large, deep, or blistered burns
- For serious burns call 111