



# **BURNS PREVENTION WITH TU'U'U** **APULU UTA'ILE'UO MARY AUTAGAVAIA**

PREVENTING BURNS FROM FOOD AND DRINK: A TOOLKIT



# Contents

**1** Introduction

**2** Who we are

**3** Key messages

**4** Tu'u'u 's safety tips

**5** Conversation starters for 'aiga/whānau

**6** Conversation starters for 'aiga/whānau

**7** Burn first aid

**8** Campaign video resources

**9** Community resources

**10** Community resources

**11** Research and policy

**12** Links to further information



# Nau mai, haere mai, afio mai.

Around 260 tamariki are hospitalised each year due to burn injuries.

Designed for anyone who engages with whānau, this toolkit brings together a range of resources to help keep tamariki safe from burn injuries related to food and drink.

Sharing her Samoan cultural knowledge, learn how Tu'u'u Apulu Uta'ile'uo Mary Autagavaia prevents burns through the lens of apa fafano (finger bowl) and traditional Samoan practices.

## **This toolkit includes:**

- Key safety and first aid messages for whānau
- Video resources and social tiles from our campaign with Tu'u'u Apulu Uta'ile'uo Mary Autagavaia to share
- Burns prevention resources, research and policy
- Links to information from other organisations

[\*Note: Hospitalised refers to children who have been admitted to hospital for at least 24 hours or more.]

# Who we are

## Safekids Aotearoa

**"Ko te tamaiti te pūtake o te ao."**

The child is at the heart of all that we do.

Our mission is to reduce the incidence and severity of unintentional injuries to children aged 0 to 14 years. Our vision is that every child in Aotearoa New Zealand enjoys a childhood free from traumatic, unintentional injury.

**"O au matua fanau."**

Children are the inner core of parents.

This campaign is centered around burns prevention from food and drink through Samoan practices and whānau story. Tu'u'u Apulu Uta'ile'uo Mary Autagavaia teaches the Samoan feau (chores), ipu tī (cup of tea), and apa fafano (finger bowl) to her grandson Fili Setima. These are passed down from generation to generation, where young people contribute to the hosting of events for guests and friends. Tu'u'u Apulu Uta'ile'uo Mary Autagavaia offers burn safety tips when doing these Samoan feau.

## Key messages

Before starting to cook, create a kid-free zone. Organise activities for them in a safe space like a playpen or highchair while you are busy cooking.

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Put hot drinks in the middle of the table.

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Avoid holding children and eating or drinking. Try serving cold drinks when children are present and to have a tea break when they're sleeping.

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Turn pot handles towards the back of your stove, out of reach of children.

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Kids need to be tall enough to reach inside a microwave before they can remove hot items safely.

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Avoid using tablecloths and placemats.

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## Tu'u'u Apulu Uta'ile'uo Mary Autagavaia's safety tips

### Burns safety tips: ipu tī

1

Face the spout of the kipoki (teapot) away from you.

2

Don't fill the teapot to the very top as it can be heavy.

3

Ensure the floor is clear of things like toys that can cause slips/trips/falls.

### Burns safety tips: apa fafano

1

When dealing with hot water, turn the cold water on first and turn it off last.

2

Only fill the bowl so it's just enough to wash fingers in.

3

Have children carry just the bowl first and then return to get the plate and tea towel.

# Burns conversation starters for whānau / 'aiga

In English, Samoan, te reo Māori and Tongan

## English

Are hot drinks and soups in the middle of the table?

When cooking, do you use the back hot plates and turn pot handles so they are out of reach?

Do you use non slip placemats instead of table cloth which baby can pull and spill hot drinks?

Are kettles and microwaves (including cords) out of reach?

## Samoan

Poo tuu meainu vevela ma supo vevela i le ogatotonu o le laulau?

Pe a fai sau kuka, poo e faaaogā matāafi pito i tua o le ogaumu ma liliu ese faaū i totonu 'au o ulo ina ia lē mafia ona āu i ai tamaiti?

Poo e faaaogā fala lē maseesee ia e tuu ai i luga meaai vevela i le laulau nai lo o se ielaulau e faigofie i le pepe ona toso ma māsaasaa solo ai ni meainu vevela?

Poo tuu tipoti uila ma microwave (faatasi ma uaea o palaka) i se mea e lē mafai ona āu i ai tamaiti?



# Burns conversation starters for whānau / 'aiga

In English, Samoan, te reo Māori and Tongan



## Tongan

‘Oku tuku e ngaahi me‘a inu ‘oku kei vela ‘o hangē ko ha supo ‘i loto mālie ‘o e funga tēpile?

‘Oku ke ngāue‘aki ‘a e mata‘i sitou otu mui mo vilohi ‘a e kau ‘o e kulo ke ‘oua na‘a nau lava ‘o ala hake ki ai?

‘Oku ke faka‘aonga‘i e hilifaki‘anga me‘a ‘i he tēpile ‘o ‘ikai ko ha tupenu ‘ufi‘ufi tēpile telia na‘a hanga ‘e pēpē ‘o fusi‘i ‘o mahua hifo ai ha inu vela?

‘Oku tuku e sioki vai mafana mo e maikolovei (mo hono uaea) ke ‘oua na‘a nau lava ‘o ala ki ai?

## te reo Māori

Kei waenga ngā inu wera me ngā hupa i te tēpu?

Ina tunu ana, ka whakamahia e koe ngā tārahu wera o muri me te huri i ngā kakau kia kore ai e taea?

Ka whakamahia e koe ngā whāriki tēpu reti kore kaua i ngā papanga tēpu ka taea e te pēpi te kukume e maringi ai ngā inu wera?

Kāore i te taea ngā tīkera me ngā ngaruiti (me ngā taura hiko)?



# Burn first aid



## What to do if a burn injury happens

- Run cool water over the burn for 20 minutes or luke-warm water for babies
- Call 111 immediately if there is a lot of pain, or involves the eyes
- Do not use ice, butter, toothpaste, flour or creams
- Remove clothing, nappies and jewellery
- You can cover the parts of the child that are not burnt in a towel to keep the child warm for the 20 minutes
- Once the burn is cooled you can wrap it in cling film
- If the burn is causing on-going pain or involves the eyes see a doctor as soon as possible



If your child is injured you can find out more about ACC support at [www.acc.co.nz/im-injured](http://www.acc.co.nz/im-injured). ACC Claims: 0800 101 996 or email [claims@acc.co.nz](mailto:claims@acc.co.nz).

For detailed references on the data and information contained in this card and to download additional copies visit <https://starship.org.nz/safekids/reference-cards>

# Campaign video resources



## Tu'u'u Apulu Uta'ile'uo Mary Autagavaia Video

Tu'u'u Apulu Uta'ile'uo Mary Autagavaia teaches the Samoan feau (chores) of making an ipu tī (cup of tea) and apa fafano (finger bowl) to her grandson Fili Setima.

[Watch and share on Youtube](#)

[Watch and share on Facebook](#)



Put hot drinks in the middle of the table.



Kids need to be tall enough to reach inside a microwave before they can remove hot items safely.

## Tu'u'u Apulu Uta'ile'uo Mary Autagavaia Video Social Tiles

[Download and share](#)

# Community resources

We've created educational resources that you can share with whānau around the motu. Check out some of our burns and scalds resources here.

## Burns reference card - PDF

We've created educational resources that you can share with whānau around the motu. Check out all our burns and scalds resources here.

**Burns**

Babies and young children are most at risk of burns because their skin is a lot thinner than an adult's. It will burn deeper, more quickly and at lower temperatures. Because of their small size, a small amount of hot liquid can damage a large area. It only takes 1 to 3 seconds to cause a full thickness burn from a drink at 60 degrees celsius. A cup of coffee is usually around 70 degrees celsius.

As children start to wriggle, sit up and crawl they also start to reach and grasp. This puts them at risk of pulling tablecloths and spilling hot food and liquids over themselves. When they become more mobile and active, they come into contact with hot appliances and heaters. Older children are at increased risk of cooking-related burns when they start helping out in the kitchen. They may also be experimenting with matches, fire and fireworks.

**2020 Stats**

- Around **240** children hospitalised each year.
- **85%** hospitalisations were for burns due to contact with a hot object or substance.
- **1%** were due to fire or flame.

**THE CAUSES**

- HOT DRINKS
- HOT FOODS
- HOT TAP WATER
- HOT SURFACES/APPLIANCES
- HOT WATER
- HEATING APPLIANCES (RADIATORS & STOVE)

**WHO IS GETTING INJURED?**

- **0-4 YEARS**: Most burns happen at home, especially in the kitchen.
- **5-14 YEARS**: Most burns happen at home, especially in the kitchen.
- **15-24 YEARS**: Most burns happen at home, especially in the kitchen.
- **25-34 YEARS**: Most burns happen at home, especially in the kitchen.
- **35-44 YEARS**: Most burns happen at home, especially in the kitchen.
- **45-54 YEARS**: Most burns happen at home, especially in the kitchen.
- **55-64 YEARS**: Most burns happen at home, especially in the kitchen.
- **65-74 YEARS**: Most burns happen at home, especially in the kitchen.
- **75+ YEARS**: Most burns happen at home, especially in the kitchen.

**SAFETY DEVICES**

- Fire and heat alarms
- Photoelectric smoke alarms
- Thermometer testing water temperature

**WHERE IT HAPPENS**

- Most burns happen at home, especially in the kitchen.

**HOSPITALISATIONS 2009-2018**

**THE TREND**

Rate of hospitalisations for burn injuries in the home has declined about 25% over the past 10 years.

## Hot drinks burn like fire -PDF

An A5 pamphlet that provides a list of the dangers posed by hot drinks, as well as tips on what to do if your tamaiti gets burned.

**hot drinks BURN LIKE FIRE**

**Making yourself a hot drink or cup of soup?**

Always place your hot drink well out of baby's reach, in the centre of the table, and put your baby down before picking up your hot drink.

**Why is it so important?**

A hot drink spilled over a baby is like a bucket of boiling water being tipped over an adult.

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For more tips: Go to [www.safekids.org.nz](http://www.safekids.org.nz) or join our facebook page @safekidsnz

## Burns First Aid -PDF

This pamphlet contains tips on what to do if your tamaiti suffers a serious burn or scald.

**burns FIRST AID**

**RUN COOL WATER FROM A TAP OR SHOWER OVER THE BURN FOR UP TO 20 MINUTES OR UNTIL AN AMBULANCE ARRIVES.**

Use lukewarm water for babies as they can develop hypothermia.

If your child has a serious burn or scald that is causing a lot of pain or involves their eyes, call 111 immediately.

- WHEN THE BURN HAS COOLED, CAREFULLY REMOVE CLOTHING FROM THE AREA. CUT AROUND THE FABRIC IF IT IS STUCK.
- TO PREVENT INFECTION, LOOSELY COVER THE BURN (EXCEPT WHEN ON THE FACE) WITH A CLEAN NON-FLUFFY MATERIAL SUCH AS A SHEET (OR PLASTIC WRAP), AND AVOID TOUCHING THE BURN.
- IF THE BURN IS CAUSING ON-GOING PAIN OR INVOLVES THE EYES, SEE YOUR DOCTOR AS SOON AS POSSIBLE.
- CALL HEALTHLINE ON 0800 611 116 IF YOU ARE UNSURE WHAT TO DO FOR ONGOING TREATMENT.

**safekids**

For more information: [www.safekids.org.nz/safekids-injury-prevention](http://www.safekids.org.nz/safekids-injury-prevention), @safekidsnz, @safekidsnz

# Community resources

We've created educational resources that you can share with whānau around the motu. Check out our 2021 burns Web Hui with Jackie Beaumont.

## Burn Insights Web Hui Series - 2021



# Research and policy

## **Childhood Burns in Aotearoa 2020**

This 2020 report from Safekids Aotearoa analyses the mortality data from 2007-2016 and hospitalisation data from 2009-2018 to present the risk of injury from burns and scalds.

For more information, please see the Childhood Burns in Aotearoa 2020 reference list on page 24.

## **Scald burns in children aged 14 and younger in Australia and New Zealand—An analysis based on the Burn Registry of Australia and New Zealand (BRANZ)**

Scald burns are a prevalent child injury despite being a preventable household injury. Proper treatment of burns can minimise hospital stay and reiterates the importance of prevention campaigns and the encouragement of delivering effective first aid.





# Links to further information

## **Fire and Emergency New Zealand - Home and Community Fire Safety**

Information on keeping your home fire safe, including tips for inside your home and creating an escape plan.

## **Whānau Āwhina Plunket - Burns**

Safety tips from Whānau Āwhina Plunket on burn prevention, treatment at home and when to see a doctor.

## **Hato Hone St John - First aid guide on how to treat burns**

A first aid guide to treating burns from Hato Hone St John.

## **NZ National Burn Service - Patient and Whānau Information**

The National Burns Centre is responsible for the national coordination of burn management between the Regional Burn Units. More information about the service can be found here.

## **Burn Support Group**

Burn Support Group offers individuals who have experienced burn injuries, and their whānau/families, emotional and practical support during and after recovery.