



Burns

safekids
Aotearoa

Starship
Foundation



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 centigrade. A cup of coffee is usually around 70 degrees centigrade.

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, fires and fireworks.

260 Around **260** children hospitalised each year.

- **89%** hospitalisations were for burns due to contact with a hot object or substance.

- **11%** were due to fire or flame.

THE CAUSES



HOT DRINKS



HOT FOOD/OILS



HOT TAP-WATER



HOT HOUSEHOLD APPLIANCES



HOT WATER



HEATING APPLIANCES, RADIATORS & PIPES

WHO IS GETTING INJURED?



0-4 YEARS

Account for 78% of hospitalisations for burns.



BOYS

Are 1.5 times more likely to be injured than girls.



MĀORI & PACIFIC

3 times more likely to be hospitalised than European children.



URBAN CHILDREN

And those with high socio-economic deprivation are more likely to be injured and die from burns.

SAFETY DEVICES



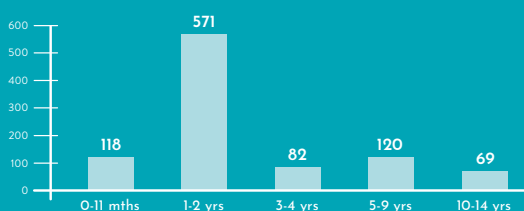
- Fire and heater guards.
- Photoelectric smoke alarms.
- Thermometer testing water temperature.

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.

Top Safety Tips

Birth to 11 months

- Avoid holding children while eating and cooking. These are very common ways that children get burned. Try serving cold drinks when children are present and have a tea break when they're sleeping.
- When filling the bath, turn the cold water on first and off last. Check the temperature of the water on your wrist before a child gets in.

1-2 years

- Avoid using tablecloths and placemats.
- Put hot drinks in the middle of the table.
- Use protective screens/guards around heaters and fireplaces.
- The sun heats up playground equipment quickly and can burn a child's thin skin. If it's hot plan your playground adventures for the morning and evening.
- Turn pot handles towards the back of your stove, out of reach of children.
- 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.

3-4 years

- Ensure your hot water is a safe 55 degrees centigrade at the tap.
- Place lighters, matches and fireworks up high and out of reach.
- Place hot appliances like hair straighteners and the iron out of reach while they are cooling. Store up high and out of reach.

5-9 years

- Helping to cook is a great way to teach children how to cook safely. They should only use microwaves if they are tall enough to reach inside, and they should always use oven gloves when taking food off the stove and out of the oven.
- Discuss the dangers of matches, fires and fireworks. Set boundaries with your children around the use of these items.

10-14 years

- Discuss the dangers of risk-taking around matches, fire and fireworks.
- Talk about the importance of having friends interested in positive activities and who do not use peer pressure.
- Explain why having rules when they are home alone helps them handle emergencies such as fires.
- Role-model safe cooking practices such as staying in the kitchen when cooking.

If your child is lighting fires, visit fireandemergency.nz to find out about their Fire Awareness and Intervention Programme (FAIP). FAIP is a free consequence-based education programme designed to stop 5 to 17 year old young people from lighting fires.



What to do if a burn injury happens

- Call 111 immediately if there is a lot of pain, or involves the eyes.
- Run cool water over the burn for 20 minutes or luke-warm water for babies.
- 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.

ACC Claims: 0800 101 996 or email claims@acc.co.nz.

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