

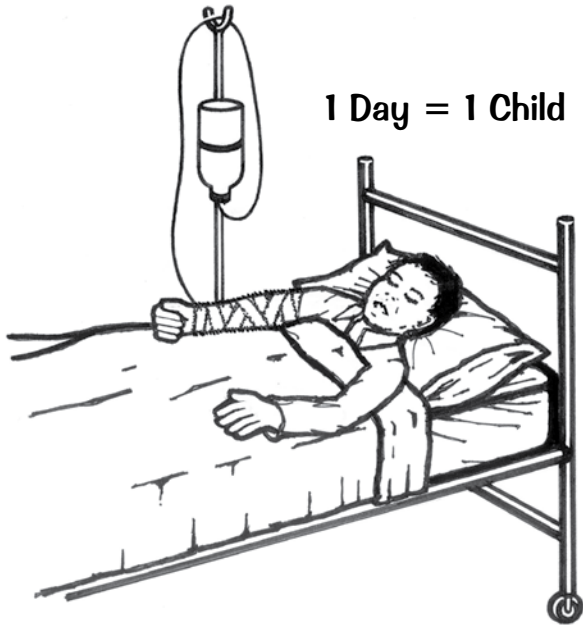


**BURNS PREVENTION TOOLKIT**

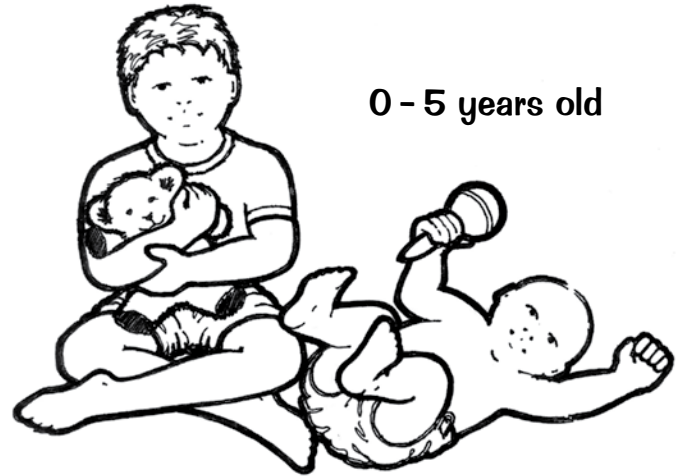
## **FACTS**

- **Every day a child is burned severely enough to be hospitalised**
- **Children under 5 years have the highest incidence of burns**
- **Hot object and hot substances: Leading cause (i.e. hot water, tea, coffee, soups)**

1 Day = 1 Child



0 - 5 years old



Leading cause:



#### **SAFETY TIPS:**

- **Keep hot drinks and kettles /electric jugs out of reach of children**
- **Don't drink and fry - never cook when you are drinking alcohol**
- **Do not use ovens to heat your home**

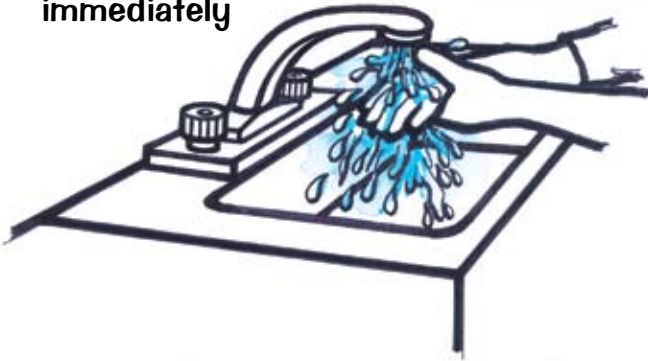
#### **FIRST AID:**

- **Cold running water for at least 20 minutes immediately  
(Do NOT use ice)**

**Safety Tip:**  
Keep hot drinks and  
kettles/electric jugs  
out of reach



**First Aid:**  
Cold running water for  
at least 20 minutes  
immediately

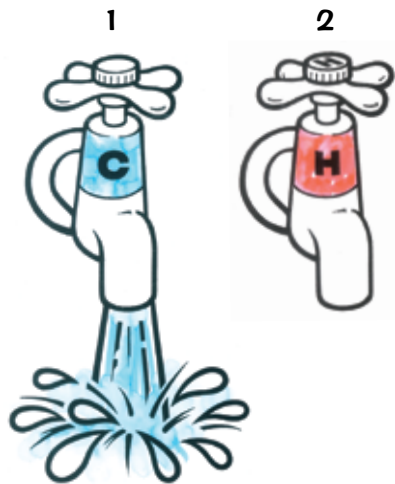


## 6 weeks to 3 months

- Working smoke alarms save lives:
  - ✓ Test it every month
  - ✓ Check batteries 2X a year (daylight saving change times are good time to do this)
- Make an escape plan for your family and practice it twice a year - daylight saving
- Always run the cold water into the bath first, hot water second
- Always check the bath temperature and stay with children at bath time
- Always put baby down to enjoy your hot food and drinks



Beep..... Beep.....



6 wks  
to 3 mths

## 5 months

- Always stay with children at bath time
- Tablecloths can be pulled by crawling children, placemats are safer
- Keep hot food and drinks away from the edge of the table and benches
- Don't overload power points and multi-boxes, always use covers on open power sockets

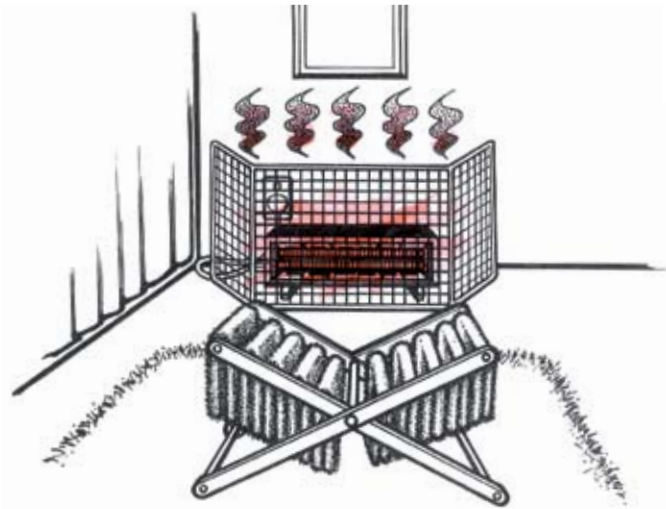




5 mths

## 8 - 10 months

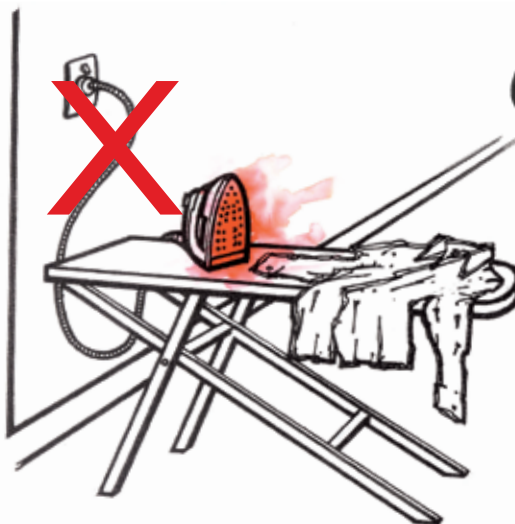
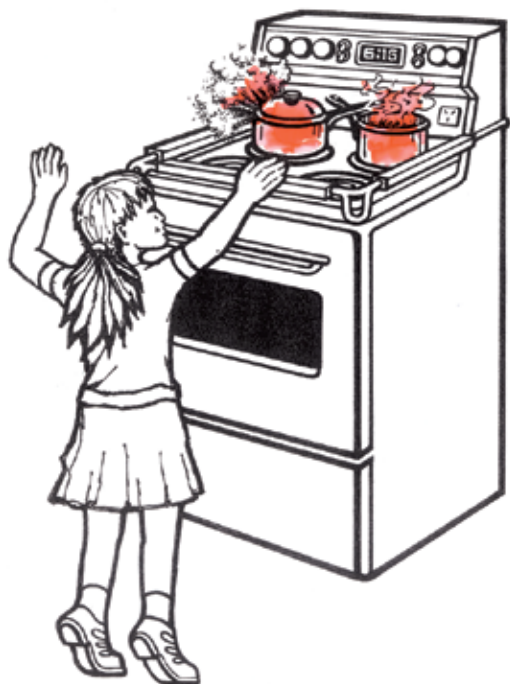
- Use coasters and placemats instead of tablecloths
- Keep hot food and drinks away from the edge of tables and benches
- At bath time never leave baby alone - if you need to leave the bathroom to attend to something else, take baby with you
- Use fire guards with heaters and fires
- Remember the 'Metre Heater' rule and keep all furniture, clothes and curtains at least a metre from heaters and fires
- Never leave cooking unattended



8 - 10  
mths

## 15 - 24 months

- **Teach children about heat from ovens - take care when opening ovens**
- **Use back elements first when cooking and turn pot handles to the back**
- **Install a stove guard if possible and secure free standing stoves to prevent them from tipping over**
- **Ensure appliance cords are out of children's reach (e.g. kettles/ electric jugs, deep fryers)**
- **Remember not to leave hot appliances (e.g. irons, sandwich makers, toasters, hair curlers & straighteners) in reach of children, even when they are cooling**
- **Use a plastic bottle with an X cut in the back of it to cover hot taps so children cannot turn them on**



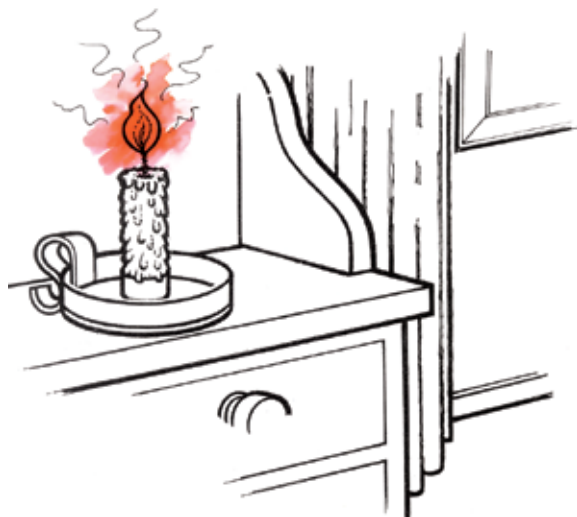
Cut an 'X'  
into a plastic  
bottle...

Place over  
hot tap



### 3 years

- **Keep lighters, matches and candles out of children's reach**
- **Teach children to take lighters and matches to an adult if they find them**
- **Use candle holders with a wide base, keep out of children's reach and away from anything that will burn easily e.g. paper, curtains**
- **Never use candles in bedrooms**
- **Never leave burning candles unattended and put ALL candles out before going to bed**
- **Never allow children to play with car lighters, if possible remove it from the vehicle**



3 years

#### 4 - 5 years

- **When cooking instant foods in the microwave (soups, oats, noodles etc), dishes and plates can become too hot for children to carry**
- **Using a jug with a handle may reduce burns from spills**
- **Supervise children around ALL outdoor fires – remember they remain hot long after you have used them**
- **Review your family escape plan and practice it with your children**
- **Teach children the basic rules of 'Get down, Get low, Get out... FAST!' from the NZ Fire Service**





# Safer Homes

Keeping our children safe from Burns and Scalds



**NATIONAL  
BURNS  
SERVICE**

