



# Focus on...

## Burns and scalds

**Almost half of all serious burns are to children under two and 70% are to children under five**

Burns and scalds can be life changing or life threatening. It is important that we understand the dangers around these and how we can prevent them from happening in and around the home and within our settings.

Burns and scalds are damage to the skin usually caused by heat. Both are treated in the same way.

A burn is caused by dry heat – by an iron or fire, for example. A scald is caused by something wet, such as hot water or steam.

- Baths – run the cold water first then the hot and make sure by dipping your elbow into the water that it is not too hot, you could also use a bath thermometer.
- Hot drinks – should always be out of reach of children, take care when holding a baby or child when drinking a hot drink in case they grab it.
- Hair straighteners – Use a heat proof pouch and ensure they are out of reach of children at all times, don't encourage children to role play with them. Put them out of reach when switched off as they can take a while to cool down.
- Cooking – Make sure that pan handles are turned inwards so that children can't easily grab them and keep children away from the oven when it is or has been on as it will stay hot for a while afterwards.
- Radiators – use radiator covers were possible or turn down the heat so that the radiators aren't too hot.
- Hot water bottles – do not use with babies and young children, these can cause overheating, burns and scalds.

The Child Accident Prevention Trust have some really good information, advice and top tips to help you prevent burns and scalds within the home [Burns and scalds | Child Accident Prevention Trust \(capt.org.uk\)](https://www.capt.org.uk)

Here is a Safe from burns factsheet you can share with parents and carers [Safe-from-burns-factsheet.pdf \(capt.org.uk\)](https://www.capt.org.uk)

The NHS gives some advice on treating burns and scalds and when to get medical help [Burns and scalds - NHS \(www.nhs.uk\)](https://www.nhs.uk)

