

KEEP YOUR KIDS OUT OF HOT WATER



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Department of Trade and Industry



Every year over 3,500 children in the UK are severely burnt or scalded in accidents in the home – that's 10 children a day needing hospital treatment. Children under the age of 5 are at greatest risk

This leaflet will help you avoid accidents and will give you advice on what to do in an emergency.

How accidents happen

Hot drinks are the number one cause of burns and scalds to young children. A cup of tea can scald a child up to 15 minutes after it has been poured out. Many scalds happen when a child is left unsupervised. Children can fall or climb into baths of hot water or pull kettles or saucepans over themselves. The sensitive skin of

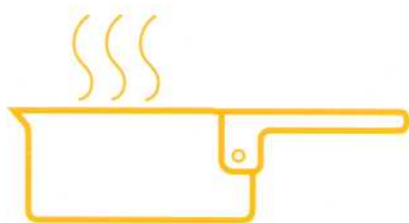
a child will burn more easily than an adult's – what seems to be warm to an adult could be very hot to a small child. A child exposed to hot water (60°C or 140°F) for just 3 seconds can sustain a full thickness (third degree) burn, which could leave permanent scarring and possibly require a skin graft.





Safety tips

- When filling the bath, always run the cold tap first.
- Bath water should not exceed **43°C** (109°F). To prevent a scald and ensure a comfortable bathing temperature for your child, water should be between 38°C and 43°C. You can buy thermometers and other anti-scald products that are designed to check bath temperatures.
- Never leave a young child alone in the bathroom – even for a short time. If the telephone or doorbell rings, ignore it or take your child with you.
- Place cups of tea and coffee out of reach of children.
- Keep kettles well away from the edge of a kitchen work-top and check that the flex is not left hanging down.
- Keep the handles of pots and pans turned away from the edges of cookers and work surfaces.
- Take care when ironing with young children around. Keep flexes out of their reach so they cannot pull the iron onto themselves.



What to do in an emergency

Acting immediately will reduce the severity of a burn or scald.

1 If someone gets burnt or scalded, keep the affected area under cold water for as long as possible (at least 10 minutes).

2 Don't remove anything sticking to the injury. Cover it with sterile, non-fluffy material; clingfilm is ideal. Where possible remove jewellery.

3 Do not apply anything to the scald (for example, no creams, ointment, fat or ice).

4 For an adult with a burn larger than the palm of their hand, or for any size burn on a child, you should seek medical attention.



child accident
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