Are your children safe in the kitchen?

Every day 10 small children under the age of 5 are severely burnt or scalded in the home

Too hot to handle

Government consumer safety campaign
**Keep** the handles of pots and pans turned away from the edges of cookers and work surfaces.

**Always** check the temperature of the water before bathing children. When filling a bath, run the cold tap first.

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

**Teach** toddlers not to play in the kitchen or bathroom. Check for toys you might trip over.

**Try** and keep toddlers occupied out of harm’s way when you are cooking.

**Don’t** remove anything sticking to the injury. Cover it with sterile, non-fluffy material; cling film is ideal. Remove jewellery.

**Always** keep hot drinks out of reach.

**Prevent** scalds by fitting a thermostat to your hot-water boiler. Turn it down to 50°C; you’ll also save money.

**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.

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