



# Safekids Campaign 2010/11 Burns Prevention April 2010



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## Introduction

The Safekids Campaign is an annual child safety programme, nationally coordinated by Safekids New Zealand in collaboration with government and non-government partners. Between 1 July 2010 and 31 June 2011 the Campaign will focus on **fire safety/ burns prevention**.

Safekids extends thanks and acknowledgement to the National Burns Centre, New Zealand Fire Service, Safe Waitakere Injury Prevention, Waitakere City Council, Burn Support Group Charitable Trust Inc. and all Campaign partners for supporting the Safekids Campaign's burns prevention theme.

Burns from hot liquids and drinks are a leading cause of burn injuries to children under 5 years of age. The following project ideas and plans have been developed to assist Coalitions and community groups to raise awareness amongst families/ whanau of the injury risks posed by consuming hot drinks, soups and noodles around young children.

## Childhood Burns in New Zealand<sup>1</sup>

On average five children die each year as a result of a burn related injury (2002 to 2006). A further five to six children each week are burned severely enough to be hospitalised (2004-2008).

A Safekids data analysis report found burn injuries are significantly higher for:

- Children living in higher levels of socio-economic deprivation;
- Maori and Pacific children;
- Male children;
- Children living in urban areas.

Children under five years of age have the highest number of burns of all types with hot object and hot substances burn injuries happening most frequently to children younger than 5 years of age.

Burns from hot substances result in fewer fatalities than burns from fires and flame, however they cause over five times the number of hospitalisations.

Of young children aged 1 to 2 years old who are admitted to hospital for a burn injury, research shows over half are severely scalded by spilt hot drinks (tea and coffee) and other liquids (such as soups and noodles).

Young skin burns more quickly and deeply than adult skin, at lower temperatures. A hot cup of tea spilled over a baby is the equivalent to a bucketful of boiling water tipped over an adult.

## First Aid

The severity of a burn injury can be dramatically reduced through the immediate use of first aid. In the event of a burn:

- Cool the burn under cold running water for AT LEAST 20 MINUTES as soon as possible (do not use ice);
- Remove clothing from the burn area unless it is stuck. If clothing sticks, cut around the burn area and leave that piece of fabric for hospital staff to remove;
- Do not touch the burn or burst any blisters as this can cause infection;
- Seek medical advice from your doctor or hospital.

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<sup>1</sup> Safekids Factsheet: Childhood Burn Injury, April 2010

# ***Fancy a Cuppa?***

## **Burns Prevention Project Plans**



### **Goal**

To increase awareness amongst parents and caregivers of the injury risks to young children from hot liquids and drinks.

### **Target group**

Parents and caregivers of children under 5 years of age. Investigate where in your community it is best to approach parents and caregivers of this age group. For example, Te Kohanga Reo, language nests, early childhood centres, play groups, shopping malls etc.

### **Partnerships**

Identify who your local partners might be, for example Plunket and other Well Child providers, NZ Fire Service, public health nurses, home educators and early childhood teachers. Investigate whether these project plans fit with any other burns prevention initiatives and strategies being implemented in your area.

### **Resources**

Safekids has developed a *Hot Cup* magnet (see top of page) to complement these and other burns prevention projects. To view more Safekids resources visit the Safekids website at [www.safekids.org.nz](http://www.safekids.org.nz).

### **Evaluation**

Some recommended evaluation questions have been included within the project plans. Evaluating your project or activity determines the worth or value of the exercise and establishes what outcomes were achieved through the project.

### **Reporting**

Reporting your successes and challenges to Safekids has numerous benefits. Information sharing enables Safekids Coalitions to share and acknowledge each others' successes but more importantly it permits group learning on a national scale to the benefit of New Zealand children. Attached to this project plan is a report template for your convenience.

# Project 1: Hot drink demonstration

## Objective:

To demonstrate how much of a baby's body can be covered by an ordinary mug of liquid.

## Key learning areas

- Ensure that hot drinks are kept well away from children
- One cup of hot liquid can burn a large area on a child
- Cooling a burn under cold running water for at least 20 minutes will reduce the severity of injury

## Project equipment

- Baby doll dressed in a white baby 'stretch and grow'
- Mug of strong blackcurrant juice or similar coloured liquid
- Baby seat such as bouncy cradle or baby car seat
- Plastic sheeting to protect floor

## Method

1. Place the doll in its cradle or car seat on the floor.
2. Hold the mug of liquid in your hand while talking to your parent group about the dangers of carrying a hot drink when you have young children around.
3. Pretend to slip, trip or be bumped whilst standing over the doll making sure that you spill the full contents of the mug over the doll.
4. Take the doll out of the cradle and hold it up to demonstrate how far the liquid has spread. Turn the doll around to show how the liquid has spread from the front to the back of the baby grow.
5. Point out that this type of accident could happen outside the home in cafes or parent and toddler groups.
6. Discuss with your parent group how they could prevent this type of injury from happening.
7. Explain that cooling a burn under running water for at least 20 minutes will decrease the severity of injury.
8. Give each participant a Safekids *Hot Cup* magnet. Talk about messaging on the magnet and ask parent to place in their home as a reminder.

## Evaluation questions

To be completed by parents and caregivers:

1. Did you find the *Fancy a Cuppa* session informative?
2. What key safety messages were demonstrated by the display?
3. How should you treat a burn to reduce the severity of injury?
4. Have you used the Safekids Campaign burns prevention magnet?
  - a. If yes,
    - i. Where have you used your magnet?

- ii. Has the magnet helped to remind you that hot drinks can cause severe burns?
  - b. If no, do you intend to use the magnet?
5. Do you think you will keep hot drinks well away from babies and young children as a result of participating in this session?

## Project 2: How hot is too hot?

### Objective:

To demonstrate that drinks take time to cool down to a 'safer temperature'.

### Key learning areas

- Young skin burns at lower temperatures than adult skin.
- Drinks at 50C are safer.
- Cooling a burn under running water for at least 20 minutes will decrease the severity of injury.

### Project Equipment

- Jug/ kettle, mug, water, tea/ coffee and milk.
- Thermometer for measuring temperatures between 70C and 30C.
- Flip chart/ white board and markers.
- Egg timer or digital countdown

### Method

1. Make a mug of hot tea / coffee in front of parent group.
2. Check your parent group knows that just boiled water scalds instantly and that the drink must be put somewhere safe to cool.
3. Measure the temperature of the liquid and record it on the flipchart / whiteboard. Set the timer going and place the mug in a safe place while you continue the session.
4. Return every five minutes to measure the temperature and record it on the flipchart / whiteboard.
5. Note the time it has taken for the drink to reach 50C.
6. Offer the mug to the parent group so they can feel what a safe temperature is like.
7. Explain that cooling a burn under cold running water for at least 20 minutes will decrease the severity of injury.
8. Give each participant a Safekids *Hot Cup* magnet. Talk about messaging on the magnet and ask parent to place in their home as a reminder.

| Temperature<br>(degrees centigrade) | Hot water burn time               |
|-------------------------------------|-----------------------------------|
| 70 degrees                          | Instantaneous full thickness burn |
| 60 degrees                          | 1 second                          |
| 55 degrees                          | 10 seconds                        |
| 50 degrees                          | 40 seconds - 1 minute             |

## Evaluation Questions

To be completed by parents and caregivers:

1. Did you find the *How Hot is Too Hot* session informative?
2. Did you learn any new information? If yes, what did you learn?
3. At what temperature are drinks safer?
4. How should you treat a burn to reduce the severity of injury?
5. Have you used the Safekids Campaign burns prevention magnet?
  - a. If yes,
    - i. Where have you used your magnet?
    - ii. Has the magnet helped to remind you that hot drinks can cause severe burns?
  - b. If no, do you intend to use the magnet?
6. Do you think you will keep hot drinks well away from babies and young children as a result of participating in this session?

## General Burns Prevention Discussion Points

Almost every family has a burns story to share. Sharing stories and experiences can help to increase awareness of different types of burn issues.

The creation of a safety culture and the embedding of safety strategies within everyday family life can help to keep children safe from burn injuries.

- **Family dynamics** are always changing as children grow or new siblings arrive. Young children are constantly improving their ability to grasp, crawl, reach, climb, explore and experiment. Parents need to be reminded to keep pace with their child's/ children's development.
- **Meal time and bath times** are typically busy times of the day for families. Parents may be tempted to momentarily leave young children unsupervised, or in the care of a sibling whilst they answer the door/ phone or attend to another child. Hot things such as cooking (or irons, hair curlers/ straighteners) should always be attended, and babies and young children should be supervised in the bath, always. Remember to run the cold tap first when filling the bath or sink.
- **Safety products** such as working smoke alarms, stove guards, fire guards and plastic socket covers help to improve safety in the home and prevent a burn injury or fire.

- **Modelling safe behaviour** not only keeps our children safe but helps to embed safe behaviour in children from a young age. Practice the 'metre heater' rule, use back elements when cooking and turn pot handles to the back of the stove, ensure appliance cords (e.g. irons and electric jugs) are out of reach of children and keep lighter/ matches out of children's reach. Always model best practice whether at home, at the Kura, Te Kohanga Reo or with friends and family/ whanau.
- **Escape plans** should be made and practiced. New parents may particularly need prompting to do this; do they know who will get the baby and how they will get out in the event of a fire? From the age of five children can be taught how to get out and stay out in a fire.
- **Safety by design** can help to minimize home hazards and burns injuries, for example, a kitchen where household traffic cuts through the work area can increase the likelihood of collisions taking place.
- **Baby walkers** give babies mobility and height enabling them to reach hazards such as hot drinks. Don't use baby walkers

## Further Information

For further information on burns prevention or other child injury prevention issues visit the Safekids website at [www.safekids.org.nz](http://www.safekids.org.nz) . For assistance with these project plans please contact Simone Randle, Safekids Injury Prevention Advisor at [SimoneR@adhb.govt.nz](mailto:SimoneR@adhb.govt.nz) or on (09) 630 9955.

## Fancy a Cuppa? Report Template

|  |  |                    |    |
|--|--|--------------------|----|
| Name of project coordinator:   |  | Organisation:      |    |
| Phone  |  | Email              |    |
| Coalition / geographic location:                                       |  |                    |    |
| Partners and key stakeholders involved with project:<br>1.<br>2.<br>3. |  |                    |    |
| Name of Project  |  |                    |    |
| Project objective:   |  |                    |    |
| Project methodology  |  |                    |    |
| Project resources and tools (eg Safekids Burns Prevention magnet)      |  | Number distributed |    |
| 1.   |  |                    |    |
| 2.   |  |                    |    |
| 3.   |  |                    |    |
| Project evaluation undertaken?(please tick)                            |  | Yes                | No |
| Summary of project results   |  |                    |    |
| Additional Comments  |  |                    |    |

