

IF YOUR CHILD IS BURNED

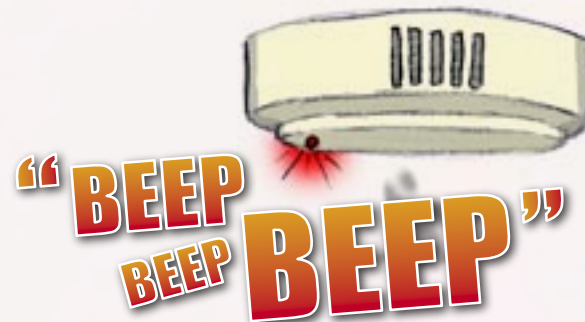
- 1 Run water from the **cold** tap over the burn for between **10 and 20 minutes**.
- 2 Once cooled, remove clothing from the burned area. If the clothing sticks, cut around the fabric.
- 3 Be careful not to touch the burn or burst any blisters as this can cause infection.
- 4 Cover the burn with clean non-fluffy material e.g. a sheet or loosely wrap in cling film to prevent infection. Note: do not put cling film on the face.
- 5 Get advice about the burn from your doctor or local hospital.



cool for 10 – 20 minutes

SMOKE ALARMS

Ensure there are good working smoke alarms in every bedroom, living area and hallway. Test alarms monthly and vacuum them every 6 months.



ESCAPE PLANS

Work out an escape plan to suit your home and talk about it with everybody in the house. Practice your escape plan at least **every six months**.

www.fire.org.nz



www.safekids.org.nz



SafeKids
CAMPAIGN

Kaupapa Tamariki Haumarū



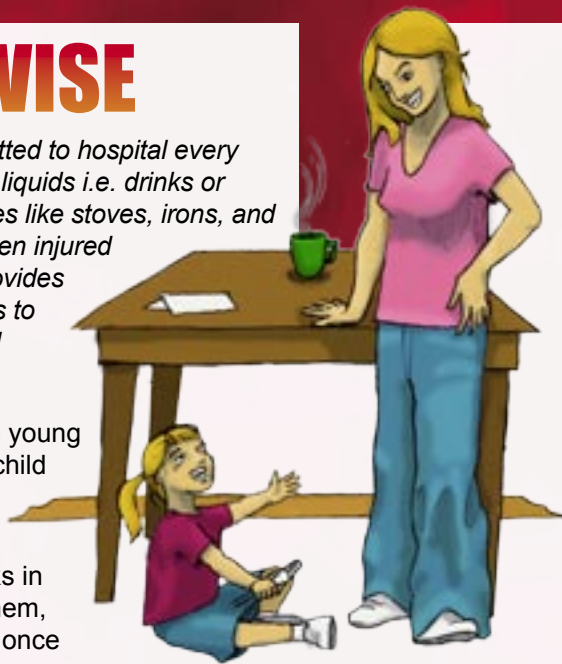
BE BURN & FIRE WISE



BE BURN WISE

Nearly 200 children are admitted to hospital every year with burns from fire, hot liquids i.e. drinks or food, tap water, hot appliances like stoves, irons, and other hot objects. Most children injured are under five. This guide provides tips to help you prevent burns to young children in and around the home.

- Keep hot drinks away from young children and **never** nurse a child while holding a hot drink.
- Avoid heating babies' drinks in microwaves. If you do use them, always shake the bottle well once it's heated.
- Always supervise young children at bath or shower time and when they wash their hands.
- Run cold water into the bath **before** you run the hot water.
- Use childproof 'covers' on your hot taps.
- Consider making the kitchen and bathroom 'no play' zones.



- Hot water coming out of a tap should be between 50 and 55 degrees. If the water in your home seems too hot, ask a registered plumber or local energy supplier to check it and turn it down.
- Keep kettles and kettle cords out of reach of young children.
- Cook on the back elements of the stove first.
- Turn pot handles toward the back of the stove.

GET FIRE WISE

On average, nine children every year die in house or car fires and many more children go to hospital with burns. Most house fires are caused by someone playing with matches, lighters, candles or heaters. Use these ideas to keep your family safe from fire.

- Keep matches and lighters out of children's reach, and teach them to take matches or lighters to an adult straight away if they do find them.
- Secure candles in a candleholder with a wide base and keep them away from anything that will burn easily e.g. paper, curtains.
- Put all candles out before going to sleep or leaving a room.
- Never use candles in bedrooms.
- Never leave cooking unattended.
- Ensure all electrical appliances are in good working order.
- Don't overload power points or multi-boxes.
- Always turn electric blankets off before getting into bed and have them checked yearly by a qualified electrician.
- Remember the Heater Metre Rule - keep furniture, clothes and curtains at least one metre away from all heaters and fireplaces.
- Always use a spark guard with an open fire to keep the sparks in.
- Use a fireguard with heaters to keep the children safe.

