

# Fancy a cuppa?







Making a hot drink is simple, but can also be dangerous.

Hot drinks are the number one cause of burn injuries and hospitalisations among children under 5 years old.

**Good news: Hot drink burns are preventable.**










## The facts:

-  Hot water burns like fire.
-  15 minutes after being made, a hot drink can still burn a child.
-  A hot drink spilled over a baby is like a bucket of boiling water tipped over an adult.
-  A child's skin is thinner than an adult's, so hot liquids burn quicker, deeper and at lower temperatures.
-  Common hot drink burns happen when:
  - A child pulls or grabs a hot drink off a surface or from an adult.
  - An adult, carrying a child or near a child, trips while holding a hot drink.
  - A child runs into an adult who is holding a hot drink.
  - A hot drink spills when being passed over the top of a child.
-  Children severely burned often require operations and special treatments, many dealing with the consequences of having scars for the rest of their lives.



## Safety tips

-  Always keep hot drinks out of the reach of children.
-  Never hold a child and a hot drink at the same time.
-  Avoid using table cloths and placemats that young children can pull on.
-  Always place hot drinks in the centre of tables.
-  Never pass hot drinks over a child's head.
-  Be aware when walking or holding hot drinks around children.
-  Always supervise young children and teach them the dangers of hot drinks.

## First aid for burns

**First aid can prevent long-term scarring and dramatically reduce the severity of a burn injury.**

- 1.** Cool the area immediately under gently running **cold water for 20 minutes**. DO NOT use ice.
- 2.** Remove clothing from the affected area. If clothing sticks to the skin, don't pull it away – cut around the fabric carefully with a pair of scissors.
- 3.** Don't touch the burns or burst blisters – it can cause infection.
- 4.** Cover the burn area with a clean, non-fluffy material to protect it. Plastic wrap or cling film can be used.
- 5.** Get advice immediately from your doctor, Accident & Emergency (A&E) or call 111.

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