

Safe from burns

“Everyone in the burns unit was there because of an accident. In a split second their whole life changed.”

Mum of little boy burned by a hot drink

A small child’s skin burns really easily as it’s so thin. Here’s how to prevent serious burns:

 **Hot drinks** – stay hot enough to scald a small child even after 15 minutes. 8 to 18 month-olds are most vulnerable as they love to grab.

- Look for safe zones in your house where you know your child can’t reach your hot drink
- Try to get into the habit of putting your child down before you pick up your drink.

 **Hair straighteners** – can get as hot as your iron and can still burn 15 minutes after they are switched off.

- Keep straighteners and wands out of reach when you’re using them
- Put them in a heat-proof pouch or on a high shelf to cool.

 **Button batteries** – if a child swallows a lithium coin cell battery (the round silver battery like a 5p coin) and it gets stuck in their food pipe, it can burn a hole and cause internal bleeding and even death.

- Keep any loose batteries out of reach and dispose of ‘flat’ batteries quickly and safely
- Keep objects out of reach if they have button batteries your child can get to.

 **Magnetic toys** – high-strength magnets in toys can burn through the gut if your child swallows them.

- Buy from a reputable retailer or a brand name you know online or in-store, and avoid online marketplaces.



 **Cooking** – young children don’t automatically pull away from something that’s burning them. They may forget the rules about not touching hot things.

- Push kettles to the back of the worktop and use the back rings of the cooker first
- If you’re able to keep children out of the kitchen when you’re cooking, great. Or try to keep them in a highchair or away from the cooker if not.

 **Bath water** – these scalds are really nasty and can happen in seconds.

- Put cold water in first then top up with hot. Then you don’t need to worry about there being a scalding bath your child could fall or climb into
- Test the temperature of the water with your elbow before putting your child into the bath
- Stay with your child in the bathroom in case they fiddle with the hot tap.

 **Fires and heaters** – a risk to small children.

- Move cots away from radiators. Then your baby can’t get their arm or leg trapped against the heat
- Fit fireguards around fires and heaters.