

Burns & Scalds

FACT SHEET



www.tinyheartsfirstaid.com | 1300 054 563

BURNS & SCALDS



Burns and scalds are a leading cause of childhood injury in children aged zero to fourteen years old. It is a potential hazard in every home of young children, in particular, scalds - whether from hot liquids or foods on the stove to spilt teas and coffees while holding a baby.

COMMON CAUSES

SCALDS *(the most common cause of childhood burns)*



- Boiling water and steam
- Hot bath water
- Coffee and tea
- Hot foods and cooking fluids (oil, soup, pasta, noodles, etc.)

CONTACT BURNS



- Contact with hot objects (oven, stove, fireplace, hair tongs, exhaust pipes, car seat belt, etc.)
- Contact with open flames (fire, stove, candles)

CHEMICAL BURNS



- Ingested, inhaled or spilt on skin (bleach, drain cleaner, button batteries, etc.)

ELECTRICAL BURNS



- Power sockets and electrical cords

SUNBURN



- Remember their soft feet in summer!

SIGNS & SYMPTOMS

- Severe pain
- Red, peeling or blistered skin
- Creamy, white, charred or leathery appearance

TREATMENT

- DRSABCD and stop the burning
- Call 000 if burn is to face, airway or genitalia, larger than your child's hand or if they are in extreme discomfort
- Commence cooling immediately with cold running water over the burn for 20 minutes
- Remove jewellery and non-adherent wet clothing around burned area.
- Remember to remove their nappy!
- Prevent hypothermia by covering your child with a blanket and keeping them warm. Cool the burn, warm the child.
- After cooling the burn for 20 minutes apply a non-stick dressing such as glad wrap (this helps to keep fluid in, infection out, and assists with pain)
- Give pain relief
- ✗ Please do not apply ice, creams, gels, ointments, or pop blisters.

REFERENCES

- www.resus.org.au
- www.rch.org.au
- www.betterhealth.vic.gov.au
- www.cyh.com