

Gabrielle and Olivia's Story

WARNING: GRAPHIC IMAGES BELOW

It was an innocent game of hide and seek that led to our horrible trip to the emergency room with my daughter screaming in pain. It started as a fun family day at home – Olivia (four years old at the time), was playing hide and seek with her father while I cooked waffles.

I had a small saucepan of cinnamon syrup simmering on the stove. Once the sugar dissolved, I moved it to the kitchen bench and sat it on a tea towel to cool.

My daughter hid a ball under the kitchen stool as part of the game. Wanting to make sure the ball was completely hidden, Olivia grabbed the tea towel to cover the stool - which pulled the saucepan and its entire steaming hot contents onto her tiny foot.

In a panic, I immediately wiped her foot, causing a layer of skin to peel away.



My first aid training kicked in and I ran the burn under cool running water for 20 minutes, before rushing her to the emergency room.

While Olivia has made a full recovery, the incident has had a long term impact on me and how I think about child safety.

I now know that accidents can (and will) happen, but we as parents need to be prepared for anything. Never again will I leave hot items in a place that little arms can reach.

I am extremely thankful that through my knowledge of first aid, I was able to treat my daughter's burn in a way that allowed her to make a full recovery. While I do not want anyone to experience what we did, I hope that my story will encourage other parents and carers to enrol in a first aid and CPR course so they are also prepared for any situation.

I would also encourage parents to talk to their children about kitchen safety, a conversation I have now had with my daughter.

Information on first aid for burns and scalds can be found on Kidsafe Victoria's website at: <http://www.kidsafevic.com.au/post-injury-support/what-to-do-in-the-event-of-an-injury>

