

FIRST AID FOR BURNS

If you, or someone you know is burnt, take the following actions:

If on fire

- **Stop, Drop** to the ground, **Cover** face & **Roll** so fire is smothered.
- Smother flames with a fire blanket.
- Move away from heat source.

For all burns and scalds

- Remove clothing and jewellery.
- Clothing can hold heat on the burnt area.
- If swelling occurs jewellery can stop blood flow to the burnt area.

Apply cold running water

- For at least 20 minutes.
- If running water is not available, wet 2 cloths and alternate them onto burn every 2 minutes.

Do NOT use ice, butter, creams, etc

Seek medical attention

- For any burn bigger than a 20c piece, or with blisters, or
- If you have any concerns at all about your child.



Limit Hot Water to 50°C

Supported by
NSW Health

NSW Statewide Burn Injury Service



Contact us for more information:

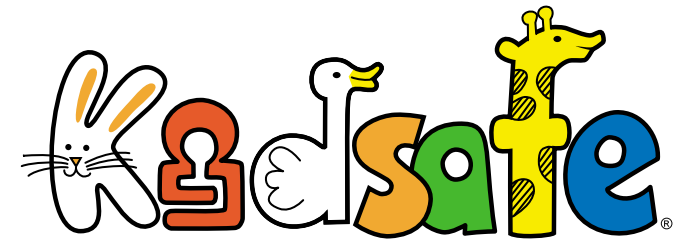


Kidsafe New South Wales Inc
Kidsafe House, Hainsworth Street
Westmead NSW 2145

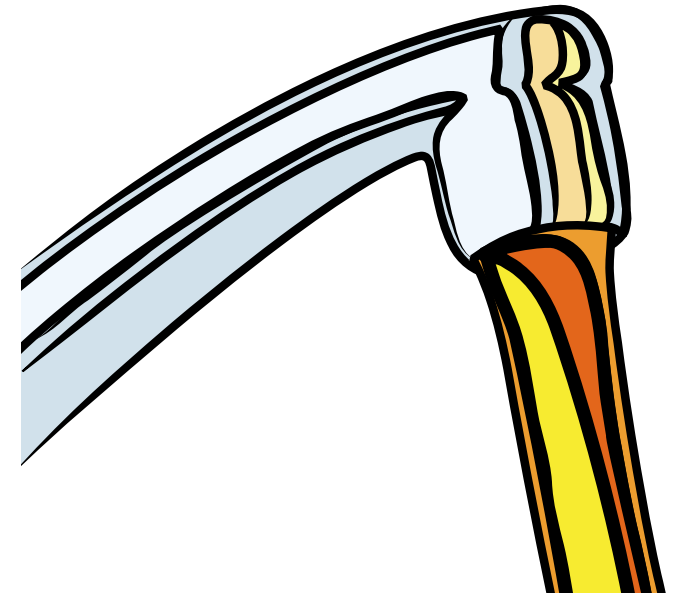
Phone 02 9845 0890 Fax 02 9845 0895
Email kidsafe@chw.edu.au
Website kidsafensw.org

Kidsafe Hunter
Shop 5, Pacific Hwy Arcade, Hilltop Plaza
Charlestown NSW 2290

Phone 02 4942 4488 Fax 02 4942 4499
Email kidsafe@kidsafehunter.com
Website kidsafehunter.com

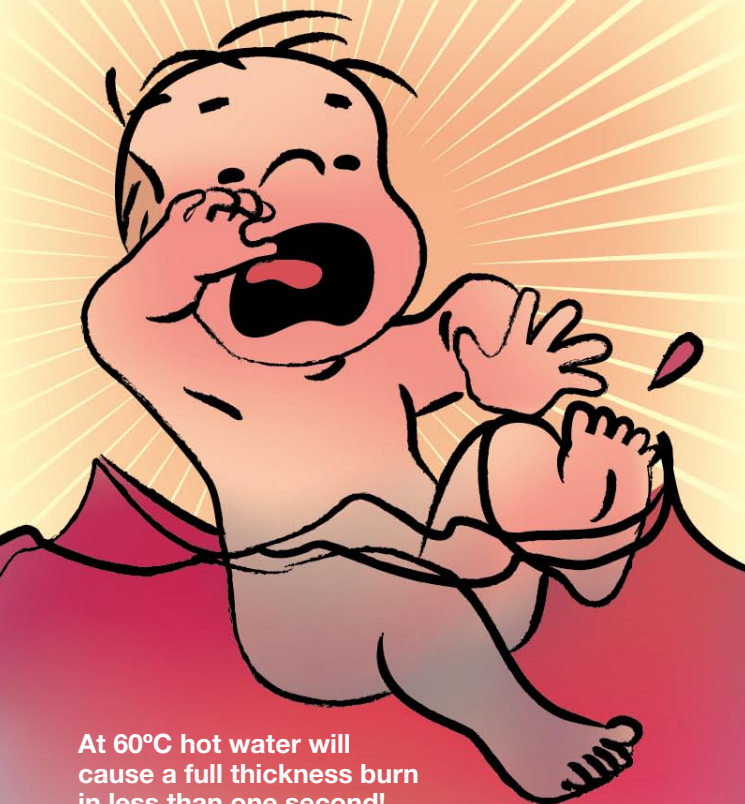


Hot Water burns like fire



Is your hot water too hot?

- Every year, over 360 children aged 0-4 years are treated at the Burn Unit at the Children's Hospital at Westmead as a result of scalds. That's about 1 child a day!
- Many serious scalds are caused by hot tap water.
- 8 out of 10 hot tap water scalds in children under 5 years (and 7 out of 10 for all patients) happen in the bathroom.
- Severe scalds can scar for life and may cause emotional trauma.



At 60°C hot water will cause a full thickness burn in less than one second!

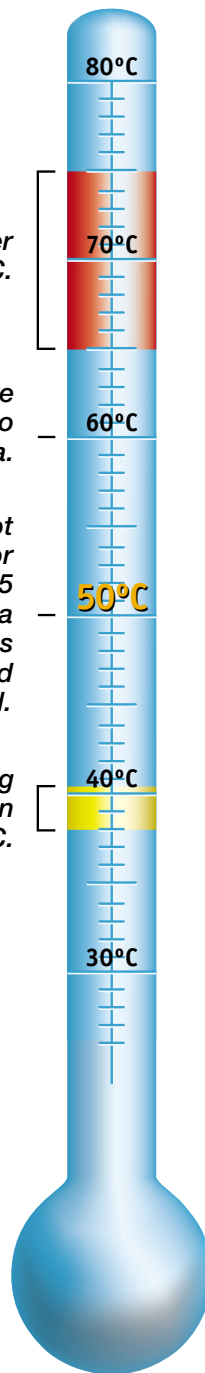
water

Most hot water systems deliver water between 65° and 75°C.

Australian Standards require hot water to be stored at no less than 60°C, to kill bacteria.

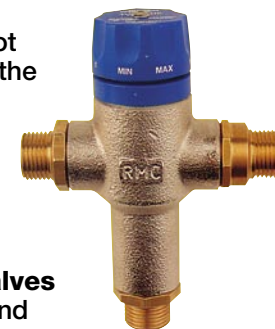
By law, 50°C is the maximum hot water delivery temperature for bathrooms. At 50°C it takes 5 minutes of immersion to cause a full thickness burn. 5 minutes potentially allows time to respond and to provide first aid.

A safe hot water bathing temperature for children and adults is 38°-40.5°C.



You can ask a plumber to install a temperature-controlling device.

Tempering Valves mix hot and cold water to reduce the delivery temperature of hot water. This is accurate to within 5°C.



Thermostatic Mixing Valves mix hot and cold water, and allow the delivery temperature of hot water to be set to within 2°C of accuracy. These can supply water for bathing without further mixing at the taps.



Continuous Flow Hot Water Systems use gas to heat the water and allow accurate electronic control of the hot water delivery temperature.



Making hot water systems safer