


# 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** – can stay hot enough to scald even after 15 minutes. 8 to 18 month-olds are most vulnerable as they love to grab.


- Watch out for fast little fingers when you’re making a hot drink. Push your mug to the back of the worktop before you reach for the milk
- Look for out-of-reach safe spots to put your hot drink down
- Make it a habit to put 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 hot hair straighteners and wands out of reach
- Put them in a heat-proof pouch or on a high shelf to cool.


 **Button batteries** – if a child swallows a button battery and it gets stuck, 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 with easy to access button batteries out of reach.


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

- Buy from a reputable retailer or a brand name you know. Avoid online marketplaces.



 **Cooking** – young children won’t always 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 away from the kitchen when you’re cooking. Or try to keep them in a highchair and 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.
- 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.

 **Staying warm**

- 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
- Check your hot water bottle for wear and tear. Replace every two years.