



## Understanding burn and scald injuries

Burns are among the most devastating injuries the human body can suffer. In addition to the pain, the young victim may have to endure skin grafts, itching, scarring, blistering, deformity and emotional trauma. Physical and emotional suffering can be lifelong. The injury affects the whole family, both emotionally and financially in the short and long term.

### Did you know?

- Most burns and scalds occur in the home
- Children under five do not recognise danger
- Children under five are vulnerable to burns / scalds
- Burn / scald injuries are preventable

### Causes of burns

**SCALDING:** hot liquids i.e. tea and coffee spills, hot food, saucepans, hot taps and baths.

**FLAME BURNS:** burns from naked flame i.e. open fires, matches, lighters and cigarettes.

**CONTACT BURNS:** touching hot objects i.e. heaters, stoves, ovens and barbecues.

### First aid for burns

#### Stop the burning process

- Remove clothing, unless it is stuck to the skin

#### Cool the burn surface

- Immerse or flood the burnt area in cool running water for 15 to 20 minutes
- Never use oil, butter or ointment

#### Cover

- Cover the burn with clean cloth or cling wrap and keep the child warm

#### Elevate

- See a doctor if the burn is on the face, hands, feet, genitals, blistered or larger than a 20 cent coin

In an emergency, telephone 000 for an ambulance.

#### For more information:

Kidsafe

[www.kidsafevic.com.au](http://www.kidsafevic.com.au)

Royal Children's Hospital

[www.rch.org.au](http://www.rch.org.au)



For further information contact:



[www.cfa.vic.gov.au](http://www.cfa.vic.gov.au)



[www.mfb.vic.gov.au](http://www.mfb.vic.gov.au)

