

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



#### If on fire

- Stop, drop, cover face and roll
- Smother flames with a blanket
- Move away from heat source



#### Apply cool running water

- For at least 20 minutes
  - If no running water, wet two cloths and alternate on burn every fifteen seconds
- Do NOT use ice, butter, toothpaste or creams



#### Remove clothing and jewellery

- Clothing can hold heat on the burnt area
- If swelling occurs, jewellery can stop blood flow to the burnt area



#### Seek medical attention

- For any burn bigger than 3cm or with blisters
- If you have any concerns



#### In case of emergency dial Triple Zero 000

### MAKE A PLAN FOR EVERYONE TO BE SAFE

Make a home escape plan and practise regularly to help you and your family safely escape a fire in your home.

[www.fire.nsw.gov.au/escapeplan](http://www.fire.nsw.gov.au/escapeplan)

MAGNET

### FOR FURTHER INFORMATION

**ACI Statewide Burn Injury Service**  
Ph: (02) 9463 2106  
[www.aci.health.nsw.gov.au/networks/burn-injury](http://www.aci.health.nsw.gov.au/networks/burn-injury)

**Kidsafe**  
Ph: (02) 9845 0890  
[www.kidsafensw.org](http://www.kidsafensw.org)

**Fire & Rescue NSW**  
[www.fire.nsw.gov.au](http://www.fire.nsw.gov.au)

**Brigade Kids**  
[www.brigadekids.com/](http://www.brigadekids.com/)

**Learn to Stop Burns Game**  
[www.kidshealth.schn.health.nsw.gov.au/burns-prevention](http://www.kidshealth.schn.health.nsw.gov.au/burns-prevention)

## Burn injury prevention and first aid

The life you save could be yours

ACI Statewide Burn Injury Service



**ACI** NSW Agency  
for Clinical  
Innovation



## Prevention is better than cure

Burns can be caused in many different ways, including by hot liquid, touching hot objects, fire, chemicals, electricity, friction and even sunburn.

Burns can happen anywhere, particularly in the home and workplace, and if they do occur it is best that you and those closest to you are prepared and have the right information – the life you save could be your own.

## Burns can have lifelong affects

Burns are very painful and, if severe, often require surgery and therapy for years, leaving permanent scars. So it pays to know some simple and handy tips to help you prevent burns.

### IN HOT WATER!

Hot water systems can deliver water as hot as 75°C which can cause a serious burn injury in less than one second.

Ask your plumber about installing hot water temperature valves or mixers, which can help reduce the risk of getting burnt. A maximum 50°C is the recommended delivery temperature of hot water in your bathroom. Always check water temperature prior to bathing or showering!



### MICROWAVES

Use caution when removing products such as drinks, noodles and wax from your microwave, especially when liquid is involved. They can be boiling but not appear bubbling.



### KEEP LOOKING WHEN COOKING

Hot oil can catch fire quickly. Never touch or move the pot when it is on fire. Turn off the stove, cover the pot with a lid, fire blanket or damp cloth and leave it until it is cooled off. Never put water on an oil fire. Ring Triple Zero (000) for all fires.



### SAVE LITTLE HANDS

Children are adventurous and move quickly. A few simple precautions can help keep them safe.

Place cups of tea and coffee out of reach, use cordless kettles and turn pot handles towards the back of the stove. Do not use table cloths when young children are around and don't hold children when you're near hot food or drinks.



Keep children (especially toddlers) away from hot objects such as irons, oven doors, BBQs, heaters and exhaust pipes as burns can occur when the skin comes into contact with them. Don't leave hot objects such as irons or hair straighteners on the floor to cool off.



### TREADMILLS ARE NOT TOYS

Unsupervised children can move quickly and may crawl up behind treadmills and get their hand caught in the rotating belt. This can cause bad friction burns.



Never use a treadmill with children around. Keep safety keys away from the machine so that children cannot use the machines.

### DON'T PLAY GAMES WITH FLAMES

Flammable liquids catch fire quickly, even the fumes can burn. Do not use flammable liquids, such as petrol to light fires, especially campfires and BBQs.



### BBQS

LPG is the most common fuel used with household BBQs. Many people are injured while trying to light their BBQs. If a BBQ doesn't light immediately turn off the gas, wait then try again. LPG is heavier than air, extremely unstable and built-up gas can ignite in a fireball. Don't use outdoor BBQs inside.



### DON'T GO UP IN SMOKE

Do not smoke in bed or around anything else that could catch fire. Make sure all cigarettes are completely out when finished. It is always safer to smoke outside the home.



### HEAT PACKS AND HOT WATER BOTTLES

Heat packs and hot water bottles are useful for injuries but should not be used to warm a bed or when the person has little or no feeling in the body part. Never go to bed with a heat pack.



Do not overheat heat packs, always follow heating instructions.

Boil the kettle and allow to stand at least 10 minutes before filling hot water bottle; or add a little cold water.

Throw away the pack/bottle if you see any sign of burning or splits on it.

The life you save could be yours

RING TRIPLE ZERO (000) FOR ALL FIRES