

Safe from burns

“I stood with him under a cool shower for 20 minutes. The hospital later said how good his skin was looking as a result.”

Mum of little boy who grabbed her hot drink

Babies, toddlers and preschoolers have delicate skin that burns easily. They're curious and love to grab. Here's how to keep them safe.

Hot drinks

- 👉 Push your mug to the back of the worktop before you get the milk
- 👉 Use the back of the cooker if you're making tea in a saucepan
- 👉 Put your baby down before you pick up a hot drink
- 👉 Put your drink down in an out-of-reach safe spot

Hair straighteners and wands

- 👉 Keep them out of children's reach while you're using them
- 👉 Put them on a high shelf to cool

Kettles and flasks

- 👉 Use a kettle with a short cord
- 👉 Keep your kettle on a high surface and pushed to the back
- 👉 Keep flasks of hot water well away from little ones

Cooking

- 👉 Use the back rings first and turn pan handles in
- 👉 Try to keep children away from the cooker. Use a safety gate or highchair if you have one
- 👉 If you need to pop out, take your child with you

Baths and showers

- 👉 Put cold water in first, then top up with hot
- 👉 Test the water temperature with your elbow
- 👉 Stay with your child in the bathroom in case they fiddle with the taps

Staying warm

- 👉 Move cots away from radiators
- 👉 Fit fireguards around fires and heaters. Move heaters away from play areas or beds
- 👉 Check your hot water bottle for wear and tear. Don't use it if it's worn.

First aid

- 👉 Remove clothing, nappies and jewellery
- 👉 Cool the burn for at least 20 minutes with cool (not cold) running water
- 👉 Cover the cooled burn with loose cling film, a plastic bag or a clean non-fluffy cloth. Don't cover the face
- 👉 Put nothing else on the burn as this will stop it healing
- 👉 Give painkillers
- 👉 Get medical advice for a burn bigger than a 50p coin.

