How safe am I from bath water scalds?
It can take a second for hot bath water to scald children like me. I can be burned very badly and need years of operations. I might be badly scarred. These reminders will help you to keep bath times fun and keep me safe from bath water scalds.

**Why do bath water scalds happen?**

- Babies and young children like me have thin skin. That means we can be scalded much more easily than adults.
- We can easily topple into the bath if we lean over to play with toys or the water before the bath is ready.
- If we play with the taps we can turn on the hot tap and scald ourselves.
- Our brother or sister could turn on the hot tap when we are in the bath.

**How you can keep me safer**

- Put the cold water in first and top up with hot. Then the bath won't get too hot.
- Test the temperature with your elbow. You can make sure that it's not too hot for me. (It should feel neither hot nor cold)
- Get everything ready before my bath. Then you won't have to leave me on my own to get anything.
- You can get a valve (called a thermostatic mixing valve or TMV) fitted to stop the water getting too hot. You need a plumber to fit it.

**First aid for scalds**

- Run lots of cool water over the scald for 10-15 minutes.
- Once cooled, remove any outer clothing but don't remove clothing next to my skin as it may be sticking. It needs to be removed by a doctor or nurse.
- If the scald starts to hurt again, run it again under cool water.
- Don't touch the injured area or burst blisters. Don't use creams or ointments.
- Loosely cover the injured area with cling film or clean non-fluffy material to stop it getting infected. Keep it loose as scalds swell. And don't put cling film on my face or head.
- Get advice from our doctor, the A&E department at our local hospital, NHS Direct on 0845 4647 [England and Wales], or NHS 24 on 08454 242424 [Scotland].
- Take me to see a doctor if the scald is on my face, hands, feet, joints or genitals, or is larger than a postage stamp.

*If you do a first aid course, you could save my life in a crisis.*

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**child accident prevention trust**

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