How safe am I from burns at home?
Hot things in my home can seriously burn me if I touch them. Burns at home happen so easily that children are taken to hospital every day after being burned. Remember these simple steps and you can keep me safe from burns.

Why do burns happen at home?

- Babies and young children like me have thin skin. That means we can be burned very quickly.
- I might move around very quickly and catch you by surprise.
- I might be unsteady and fall onto things easily.
- I don’t always remember not to touch things that can burn me.
- And I may not really understand what "hot" means.

How can you keep me safer from burns at home?

As I grow I keep surprising you. That means keeping me away from hot things is safest.

- Ovens and hobs – keep me out of the kitchen or in my highchair or playpen if you can’t. A safety gate on the kitchen door can help.
- Hot irons – iron when I’m in bed, in another room, or in my highchair.
- Fires – put a fireguard around the fire so I can’t touch it or fall into it.
- Hair straighteners – don’t leave them to cool where I can reach them, like on the floor or over the door handle.
- Radiators – make sure my cot or bed isn’t next to the radiator.

First aid for burns

- Run lots of cool water over my burn 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 burn starts to hurt again, run it again under cool water.
- Don’t touch the burn or burst blisters. Don’t use creams or ointments.
- Loosely cover the burn with cling film or clean non-fluffy material to stop it getting infected. Keep it loose as burns swell. And don’t put cling film on my face or head.
- Get advice from our doctor, 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 the doctor if the burn 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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