keep hot drinks out of my reach
Every year, around 6,500 children under five like me are rushed to hospital because we’ve been scalded by hot water from a kettle or a hot drink.

Around 800 of us end up staying in hospital for five days or more. Sometimes we’re so hurt, we die.

How often does it happen?
- Most hot water scalds from kettles happen to under fives like me
- Almost all scalds from hot drinks happen to under fives like me.

How do we get scalded?
- Our skin is much thinner than yours and will scald more easily
- We like to explore the world around us, so we reach out to touch and pull at things
- We tend to wriggle or kick when you’re holding us which means we can easily jolt you so that you spill something
- We often get under your feet making you trip or stumble so that something spills.

Make sure we don’t get scalded
- Keep your kettle well back from the edge of your kitchen worktop so that the kettle and cord are out of my reach
- Don’t carry a kettle of boiling water across the kitchen and be careful when carrying your hot drink in case you trip
- Never pass hot drinks over my head in case you spill them

- Never hold me and a hot drink at the same time in case I jolt you and you spill it on me
- Put hot drinks out of my reach so I can’t grab them.

First aid
- Cool the scald immediately under a gently running cold tap for at least ten minutes
- Remove clothing from the scalded area. If material is sticking to the skin don’t pull it away – cut around the fabric with a pair of scissors
- Don’t touch the burn or burst any blisters
- Loosely cover the scald with clean, non-fluffy material to prevent infection. Cling film is ideal
- Get advice from your doctor, A&E department at your local hospital, NHS Direct on 0845 464 47 (England and Wales), or NHS 24 on 0845 242 424 (Scotland).

It’s really useful to do a first aid course. It might mean that you could save my life in a crisis.