

AVOIDING BURNS IN KIDS

3 P's to Make Your Home a Safer Place!

Protection

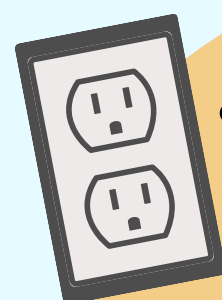
Prevention

- Discuss the dangers of fire and heat sources.

- Microwaves heat breast milk and formula unevenly causing burns.²

- Do not carry hot drinks while holding a baby or child.²

- Create a 'kid-free zone' around the stove, grill, fireplace, or campfire.²

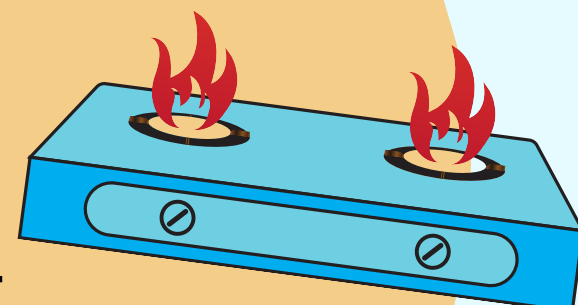


- Make sure to **child proof electrical outlets** to prevent electrical burns.¹

- Use **safety gates** to block areas with potential burn hazards, e.g., fireplaces or space heaters.¹

- If you can't block areas, **try stove guards and safety knobs** to prevent access to burners and ovens.¹

- **Secure cords** from irons, curling irons, and other hot appliances.¹



Try This!

- Heat up baby bottles by placing in warm water for 10-15 minutes
- Or use a bottle warmer
- Test the temperature on your wrist before feeding

Preparation

- Create a well-equipped **first aid kit** at home.

- **Learn basic first aid for burns** and provide this information to caregivers or babysitters

- **Seek medical attention for burns** to the face, hands, feet, big joints, or genitals

- If the burn is deep or covers a large area of the body - **Go see a doctor!**



Hot Water Burn?

1.

Run under cool water for 20 minutes.

2.

Only use petroleum jelly or polysporin.

3.

Breathing difficulties or skin is very pale? Go to the ED!



For more information scan the QR code and also visit these sites:

www.rebrand.ly/caringforkidsburns
www.aboutkidshealth.ca/burns



For Other Burns

1. **Remove the child** from the source of the heat.
2. Make sure you and your child **are safe**.
3. For **superficial burns**: Run the burn under cool (**NOT** cold) water for 10-20 minutes.
4. Use a **clean, non-stick bandage** or cloth to cover the burn.



PEM Committee

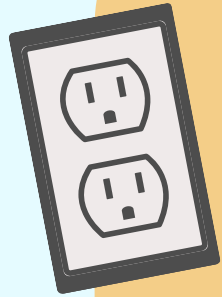
Information seen above were collected using the following sites:

1. <https://www.aboutkidshealth.ca/burns>
2. <https://www.cheo.on.ca/en/resources-and-support/p6258.aspx>
3. https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/keep_your_young_child_safe

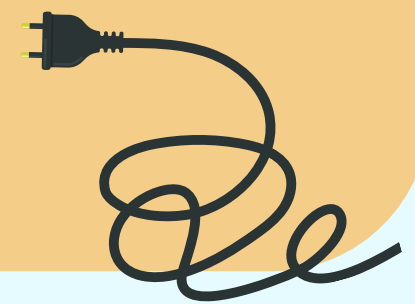
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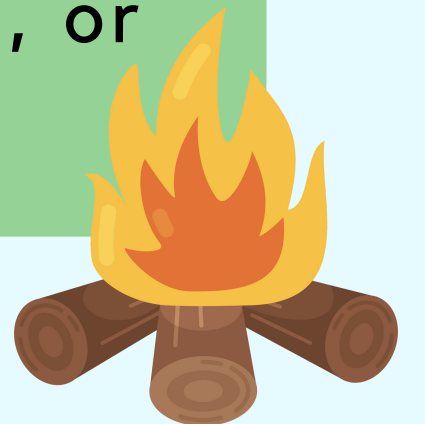


- Make sure to **child proof electrical outlets** to prevent electrical burns.
- **Use safety gates** to block areas with potential burn hazards, e.g., fireplaces or space heaters.
- If you can't block areas, **try stove guards and safety knobs** to prevent access to burners and ovens.
- **Secure cords** from irons, curling irons, and other hot appliances



Prevention

- **Discuss** the dangers of fire and heat sources.
- Microwaves heat breast milk and formula unevenly causing burns. Try warming in a bowl of warm water or use a warmer.
- **Do not carry hot drinks** while holding a baby or child.
- Create a '**kid-free zone**' around the stove, grill, fireplace, or campfire.



Preparation



- Create a well-equipped **first aid kit** at home.
- **Learn basic first aid for burns** and provide this information to caregivers or babysitters
- **Seek medical attention for burns** to the face, hands, feet, big joints, or genitals
- If the burn is deep or covers a large area of the body - **Go see a doctor!**



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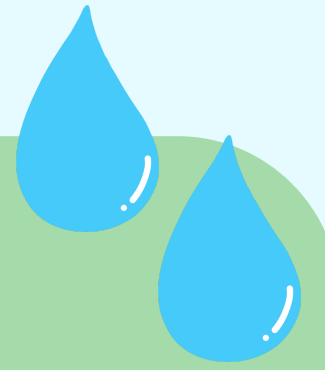
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Tips for Burn Care and Prevention

Hot Water Burns



1. Run under cool water for 20 minutes
2. Only use petroleum jelly or polysporin
3. Breathing difficulties or skin is very pale? Go to the ED!



Other Types of Burns

1. Remove the child from the source of the heat.
2. Make sure you and your child are safe.
3. For superficial burns: Run the burn under cool (*NOT* cold) water for 10-20 minutes.
4. Use a clean, non-stick bandage or cloth to cover the burn.



Go to the Emergency Room If...

1. Your child is having breathing difficulties
2. Large area of body was burned or the burn is deep
3. Skin is very pale, cold, and clammy



If Bottle Feeding

Microwaves heat unevenly, causing burns.

Instead try:

- heating bottles in bowl of warm water for 10-15 minutes
- using a bottle warmer
- test milk on your wrist first



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