



## Safety in the home - Burns and scalds

**Babies and young children are especially at risk from burns — they're naturally curious and have sensitive skin that needs extra protection.**

It takes just 5 seconds for a toddler to suffer a severe scald from too hot bath water, for example. For this reason, it's vitally important to be aware of the dangers around your home so you can protect your child from harm.

- Hot drinks are one of the most common causes of burns and scalds.
- Remember to always keep hot drinks well out of reach of your baby or toddler and never hold a hot drink at the same time as your baby. Ensure hot drinks are kept away from the edge of tables and worktops.
- Hot dishes/kettles/drinks should never be passed over anyone, especially a child, whether in the kitchen or dining area.

**More information on Page 2**

**For additional Parent Tips see [www.ihv.org.uk](http://www.ihv.org.uk)**

The information in this resource was updated on 30/05/2019 and will be reviewed again in 05/2021 and when new evidence becomes available.

© Institute of Health Visiting 2019

# Safety in the home - Burns and scalds

- Put your kitchen kettle in a safe position, well out of your little one's reach. Make sure it can't be pulled off a worktop. Ensure that the kettle cord or the cord to the kettle base does not hang over the edge of the worktop.
- Discourage your child from playing where you are cooking. Always keep pan handles turned away from the cooker and ensure children are not close by when you're holding pans of hot water or the kettle.
- Check the temperature of your water taps as they may be too hot for your little one. You could consider fitting a Thermostatic Mixing Valve (TMV), especially to the bath hot tap where most tap water burns occur, as this allows the water emerging from the tap to be at a temperature that does not cause rapid and severe burns. Take a look at the Child Accident Prevention Trust (CAPT) website for more advice.
- When running your baby's bath always run the cold water first and then top up with hot water. Check the temperature of your child's bath before letting them get into the water. Your baby's bath should be 37°C to 38°C, which is around body temperature. If you're not using a thermometer, a quick way to check is to use your wrist or elbow rather than your hand to gauge the temperature. The water should feel neither hot nor cool.
- Keep your iron and heated hair appliances well out of your child's reach, even when they are cooling down. Put your hot hair straightener into an insulated bag when you have finished using it.
- Always use a guard around your fire or heater, and make sure your children don't play close by.
- Appropriate first aid must be used to treat any burns or scalds as soon as possible. This will limit the amount of damage to your skin. See the NHS website for information on burns first aid: <https://www.nhs.uk/conditions/burns-and-scalds/treatment/>
- If you have any worries or questions about safety around the home or when on holiday, your health visitor can offer advice which follows current safety guidelines.

## More information:

For more information on child safety, visit:

[www.capt.org.uk](http://www.capt.org.uk)

And for comprehensive advice on safety for babies and toddlers, visit:

[www.nhs.uk/conditions/pregnancy-and-baby/baby-safety-tips](http://www.nhs.uk/conditions/pregnancy-and-baby/baby-safety-tips)

For additional Parent Tips see [www.ihv.org.uk](http://www.ihv.org.uk)

The information in this resource was updated on 30/05/2019 and will be reviewed again in 05/2021 and when new evidence becomes available.

© Institute of Health Visiting 2019