

# Most burns can be avoided – Prevention is key!

Burns can be avoided when we are aware of the most common risks factors and prevention strategies

Are you familiar  
with these main  
safety tips?

## Throughout the home



- Keep matches, lighters and candles out of children's reach
- Unplug electrical appliances (hot irons, hair straightener, etc.) and keep them out of children's reach while they cool down
- Never leave candles unattended
- Install smoke alarms and consider installing sprinklers
- Store chemicals out of children's reach
- Wear protective clothing/equipment when handling chemicals
- Keep secure fire screens in front of open fires or heaters
- Use space heaters carefully, keep away from anything that can burn
- Throw out electrical cords that are frayed or damaged

## In the kitchen



- Turn the handles of pans inward
- Keep hot drinks away from table/counter edges out of children's reach
- Put hot drinks or food down before holding your baby
- Establish a 'kid-free zone' of at least 1 meter around the stove and areas where hot food or drink is prepared and carried
- Use a kettle with a short cord to stop it hanging over the edge of the work surface, where it could be grabbed
- Wear oven mitts to remove items from the stove

## In the bathroom



- Never leave a child alone in the bath
- Lower the temperature in hot water taps, use a thermostatic mixing valve if possible
- Put cold water into the bath first, then add the hot water. Test the temperature before using
- Avoid using hairdryers or other electrical appliances near water

## Outside



- Choose a safe location for your grill
- Never leave the grill unattended
- Keep children away from grills
- Avoid direct sun exposure between 10 a.m. and 4 p.m.
- Wear sunglasses with UV protection
- Apply sunscreen with SPF of between 30 and 50 to the entire body 30 min before going outside and reapply every two hours and immediately after swimming
- Wear clothing (including hat) with UPF 50+ protection

### References:

1. Jeschke M, McCallum C, Baron D, Godleski M, Knighton J, Shahrokhi S. Best practice recommendations for the prevention and management of burns. In: Foundations of Best Practice for Skin and Wound Management. A supplement of Wound Care Canada; 2018.  
2. <https://www.britishburnassociation.org/prevention/>. 3. <https://www.nhs.uk/conditions/burns-and-scalds/prevention/>. 4. <https://ameriburn.org/advocacy-and-prevention/prevention-resources/>.

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