

## Support

Should you require on-going support following a burn injury links to support groups and charitable organisations can be accessed on the Northern Burn Care Network website: <http://www.nbcn.nhs.uk/patients/useful-links.htm>

Alternatively please feel free to contact the Burns Unit for advice.

## Lifestyles Team:

Health care outreach services for people who are in treatment for drug or alcohol problems.

Phone: 0300 300 0103

Email: [health.improvement@nhs.net](mailto:health.improvement@nhs.net)

**Burns Unit and Dressing Clinic: 0151 430 1285**

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600



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@sthk.nhs

[www.sthk.nhs.uk](http://www.sthk.nhs.uk)



St Helens and Knowsley  
Teaching Hospitals  
NHS Trust

# Preventing burns in the future

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Prevention of Burns and Scalds

Burns can happen to anyone but young children, older adults and people with disabilities are most at risk. Most burns happen in the home, but can also happen in the workplace.

People with epilepsy should take prescribed medication to ensure their condition is controlled.

To prevent such injuries encourage the use of:

- Coiled kettle flexes or a cordless kettle, spout filling or jug kettles (boil only sufficient water for immediate needs)
- Wall mounted heaters instead of kettles
- Try not to carry hot liquids further than necessary (Rearrange tea/coffee making areas to accommodate this as required).
- Water at the point of delivery to the bath should be no more than 40°C to help prevent scalding. Stay with child at all times.
- Fit a thermostatic mixing valve onto taps.
- When running a bath, turn the cold water on first.
- Always use rear hot plates and turn the pan handles away from the front of the cooker.
- Ensure that hot water bottles are of good quality and do not show signs of wear.

## Around the House

- Matches & lighters should be kept out of reach of children
- Test smoke detectors monthly.
- Do not leave candles unattended.
- Turn heat source off immediately if pan contents catch fire. Do not throw water onto hot fat if pan catches fire; use fire extinguisher or damp cloth until flames extinguished.
- Place floor heaters at least 4 foot away from furniture, curtains & bedding.

If you smoke, do not smoke in bed or when you are sleepy or sleepy following alcohol intake.

- Make sure cigarettes are extinguished before leaving a room
- Never throw a lit cigarette into a waste bin where it could catch fire.
- Develop an evacuation plan, practice with the family. Establish a meeting place outside your house.

## Electrical Burns

- Check appliance leads/flex frequently to make sure not loose or frayed
- Do not overload plug sockets with extension leads.
- Do not place leads/flex under floorcovering in frequently used areas, wear & tear could damage the cord and cause fire.
- Do not use electrical appliances in or near showers or baths.
- Halogen light bulbs emit intense heat and can stay hot long after they have been turned off.

## Summer Safety

- Sunburn can occur in as little as 15 minutes even on a summer's day in UK.
- Always wear sunscreen (minimum factor 30 reapplied every 2 hours) when outside in the summer months.
- You can still get sunburn on a cloudy day.
- Following a burn injury, it is recommended that you fully protect yourself from the sun for 2 summers or 2 years, as new skin, including skin grafts and donor sites will blister and burn more easily.
- Do not use petrol or other flammable liquids to light a barbecue.
- Do not leave a barbecue unattended when in use or when cooling down following use.