

Keep safe from burns

Most burns in the home usually occur in the kitchen.

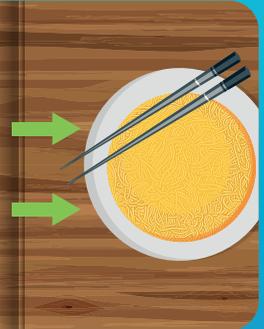


PREVENT

Take action to prevent burns and scalds to yourself and others

Keep hot liquids and food off the ground, away from edges, and out of reach of children.

Drain hot liquid from noodles for children.



If a pot, pan or wok catches fire, if safe cover it with a lid or fire blanket and turn off the heat.

Do not try to move the pan.

Never throw water on an oil fire.



Never use outdoor cooking equipment inside.



PREVENT



REMOVE



COOL



COVER



SEEK

Learn more from the Tasmanian Burns Unit at health.tas.gov.au/burns and the Australian & New Zealand Burn Association anzba.org.au

First aid for burns

Treating a burn quickly is important.



REMOVE

Remove yourself from danger and remove any clothing or jewellery



Remove clothing and nappies as they can stay hot.



COOL

Place the burn under cool, gently running water for 20 minutes



Do not use ice, ointments or anything else on burns.

Cover burns with a clean dressing and seek medical help.



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