

Burn First Aid: What to do if your child is burnt



Stop the burning process

- If on fire, your child should stop, drop, cover face and roll to put out flames.
- If your child has been scalded by hot fluids, remove clothes and jewellery as quickly as possible.
- Do not remove clothing if it is stuck to the skin.



Cool the burn wound

- Apply cool running water over the burn for exactly 20 minutes.
- A spray bottle can be used to mist cold water over the burn while you transport your child to medical help.
- Do not apply ice, iced water or creams, which can worsen the burn injury.



Keep your child warm

- Cover the non-burnt areas of your child to prevent them shivering.
- Warm the room or your car to 28 - 30°C if possible.



Dial 000 if your child is:

- Unconscious.
- Having trouble breathing.
- Inhaled hot fluid or steam.
- Has pain you cannot control.

Facts about the Kidsburns service run by The Children's Hospital at Westmead

- Kidsburns is a 24-hour referral service for paediatric burn injuries across NSW.
- It was established in 2008 after finding a large percentage of patients visiting the Westmead burns service were travelling from rural and remote areas of NSW for minor burns treatment.
- Kidsburns has grown significantly, from servicing 350 children in 2009 to helping 2,300 children in 2017-18.
- It now services a population of more than 1.8 million children across 800,000 square kilometres.

Sydney Children's
Hospitals Foundation

the
children's
hospital at Westmead