

Preventing burns in the bathroom

- Run cold water first, then add hot water. This helps you to control the temperature of the bath water.



- Make sure your bath or shower water is no hotter than 44 °c. Use a thermometer to check, not your hands or feet.



- To prevent falls install grab rails, non-slip mats, and/or a shower chair. Install radiator covers to reduce your risk of contact burns.



- Set your hot water boiler to a maximum of 49 °C.

If you experience a burn injury...

- COOL** the burn under cool running tap water for 20 minutes, within three hours of the injury.
- CALL** NHS 111 for initial advice for smaller burns. In an emergency and for larger burns, call 999.
- COVER** the burn loosely with cling film.



Safety Measures:

- ✓ Install a smoke alarm and carbon monoxide detector on every level of the home. Test these monthly.
- ✓ Replace smoke alarms every ten years, and carbon monoxide detectors every five years.
- ✓ If hearing impaired, purchase flashing or vibrating alarms.
- ✓ Practice your fire escape plan.



Contact your local fire and rescue service on 0800 169 1234 to request a Safe & Well visit for free assistance with these safety measures.



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Burn Prevention

Welsh Centre for Burns and
Plastic Surgery



What is a burn?

A burn happens when the skin comes in contact with a heat source.


Common causes are:

- Scalds (steam and hot liquid)
- Fire or flames
- Contact with a hot surface





Every year in the UK, approximately 1000 adults aged 65+ are admitted to a Specialist Burn Service for a serious burn injury. Many of these injuries are preventable. This leaflet provides information about how to reduce your risk of sustaining a burn injury.

How can I prevent burns in my home?

Preventing burns in the kitchen

- Wear short sleeves and tight-fitting clothes, and tie your hair back. 
- Keep your cooking space clear of all flammable items. 
- Turn pan handles towards the back of the stove, use the back burners. 
- Do not leave food cooking on the hob unattended, and set a timer to remind yourself to turn off the oven, toaster or hob. 
- Use oven mitts when removing hot dishes, pots etc.
- If frying, using a lid should prevent grease splatter.
- If clothing catches fire - stop, drop & roll or if you have mobility difficulties, purchase a fire blanket or use wet towels.

Preventing burns in the bedroom

- Avoid placing a hot water bottle or heating pad on your skin. Make sure that your hot water bottle is not leaking by testing it over a sink. 
- Do not smoke in bed or leave candles burning unattended. 
- If using an electric blanket, set a timer to remind you to turn it off or purchase an electric blanket that automatically turns off. 
- Install radiator covers and keep furniture 4ft away from all heat sources, if possible. 

References:
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