

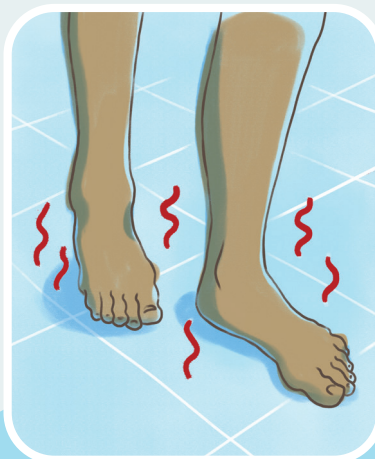
Are your feet feeling the heat?

Nerve damage reduces the ability to feel pain, heat, and pressure in your feet.

This is most commonly caused by **diabetes**, but it can also occur with **age**, **reduced circulation** and other **medical conditions**.

Reduced sensation and poor circulation means burns heal **slowly** and **infections** can spread quickly. You may have a serious burn without realising it — there may be little or no pain at all.

Common causes of burns



Sun-warmed tiles can burn bare feet.



Resting legs too close to a heat source can burn skin.



Hot water bottles can cause deep burns if left on the skin too long, even through clothing.



Soaking feet in water that is too hot can cause deep burns.

Why burns are so dangerous for you

- Serious Infections
- Prolonged wound healing
- Hospital admission
- Surgery & amputation

Remember!

No pain doesn't mean no injury.

Check your feet regularly.

A serious burn can develop without you realising it.

Scan here for
First Aid
Advice



Cool
The wound under
cold water for
at least
20 minutes



Call
999
or
NHS 111



Cover
The wound
loosely with
cling film

