

Where can I get more information?

- > Go to your doctor or hospital.
- > Go to your doctor or hospital if the skin is broken or if you are concerned. Infection may change a superficial burn into a deep burn.

SA Health

Women's and Children's Hospital Burns Service
Phone (08) 8161 7000

Royal Adelaide Hospital Burns Unit
Phone (08) 8222 4000

Parent Helpline (24 hr service)
Phone 1300 364 100

Search for 'burns' on these websites:

- > www.wch.sa.gov.au
- > www.cyh.com

Kidsafe

Phone (08) 8161 6318

Plumbing Industry SA

For information about regulating hot water temperature, contact the Plumbing Industry Association of SA.

Phone (08) 8292 4000

Learn or Burn



Cooking safety



Sponsored by
The Australian
Professional Firefighters
Charity Foundation.

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.

© Department of Health, Government of South Australia.
All rights reserved. Printed May 2010.



Government
of South Australia

SA Health



Government
of South Australia

SA Health



The key to safe cooking in your home is to stay with the food while it is cooking.

Turn off appliances after use.

Young children should stay out of the kitchen during meal preparation.

Keep kettles, jugs and teapots away from the edge of benches and tables.

Avoid using table cloths - toddlers may pull on the material to assist them to stand and the items on the table ie a hot mug of coffee can then fall onto the child.

Teach your children the basic rules of fire safety

- > Teach your children what "hot" means.
- > Stay away from the stove.
- > Not to play with matches.
- > Keep back from open fires.
- > Not to play with electricity or appliances.
- > Keep your oven and microwave clean. Grease and food can build up on the surfaces and catch fire easily.

If a fire occurs

In your microwave, unplug and turn the microwave off and leave the door shut.

In your oven, turn it off and keep the door shut. If the fire continues to grow, use your fire extinguisher.

On your stove, slide a lid over the pan and turn off the burner or element/hot plate. Do not attempt to take the pan to the sink. If the fire continues to burn you can use your fire extinguisher, fire blanket, or baking soda. Never put water on a grease fire, water will splatter and will spread the fire.

Microwaves

Place microwaves at a safe height, within easy reach for all users.

Never heat baby bottles in the microwave, as the heat distributed may not be even and can scald your child.

Steam in containers can reach up to temperatures greater than 200 degrees. Puncture plastic wrap, or use vented containers to allow steam to escape, or wait at least one minute before removing the cover.

Foods heat unevenly in microwaves. Remember, jelly and cream fillings pastries may be extremely hot, even though outer parts only feel warm.

Microwaved foods and liquids may reach temperatures greater than boiling without the appearance of bubbling. Stir and test food thoroughly before drinking or eating.

First aid

Remove clothing

Quickly take off clothing

Clothes hold in the heat and can make a scald worse.

Clothes can also hide other areas of the skin which are scalded.

Apply cold water

Immediately run cool water over the scald or burn for about 20 minutes.

Cooling the scald is very important as it prevents the heat from burning into the skin's deeper layers.

NEVER USE ICE.

Remove anything tight

Such as jewellery, bracelets, etc. Scalds quickly cause the skin and tissue underneath to swell.

Cover the burn

After cooling the burn for 20 minutes, cover the burn. If the burn is on the face, cover it with a clean, damp cotton cloth.

If the burn is on any part of the body, cover it with clean plastic cling wrap.

NEVER use butter, oils, toothpaste, creams or ointments to cover the burn. These may hold in the heat and cause further damage to the skin.