



Burns Awareness Month

The National Burns Awareness Month (1–30 June) aims to drive greater awareness amongst the Australian community of burns prevention and the correct first aid treatment for burns.

Children are curious and like to explore their surroundings. They don't know that hot water and hot drinks can cause burns. A child's sensitive skin burns far more easily than adult skin. Burns and scalds are a major cause of serious injury in children from newborn to 14 years old. Children under four years, especially those aged between one and two years are most at risk due to their increased mobility and natural curiosity.

A severe scald can inflict a serious injury and may mean a long stay in hospital. It may also require painful skin grafts and years of treatment, and can result in permanent scarring. A severe scald over a large skin area can cause death.

National Burns Awareness Month is an initiative of Kidsafe, Australia's leading community organisation dedicated to child injury prevention, and held in June each year as there is a significantly increased risk of burns during winter.

You'll find everything you need to get started on this [webpage](#) from Kidsafe:

It includes a [home safety checklist](#).

More information from [Better Health](#).



Burns First Aid

- + REMOVE**
Remove all jewellery from around the burn area. Remove any clothing and nappies around the burn area unless it is stuck to the skin.
- + COOL**
Cool the burn under cool running water for 20 minutes. Cool the burn, warm the patient.
DO NOT use ice or creams as this can further damage the skin.
- + COVER**
Cover the burn loosely with cling wrap or a clean, damp lint-free cloth.
- + SEEK**
Seek immediate medical advice if the burn is:
 - + larger than a 20 cent coin
 - + on the face, hands, groin or feet
 - + deep or infected
 - + caused by chemicals, electricity or if signs of inhalation injury (blackening around mouth or nostrils, swelling of airways) are evident.

In an Emergency call 000 or 112 if your mobile is out of range or credit.
For further medical information contact your local Burns Unit or Hospital.



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JUNE

NATIONAL
BURNS AWARENESS
MONTH

PREVENTION & FIRST AID TREATMENT
FOR MINOR BURNS



PREVENT

Take action to prevent burns and scalds to yourself and others



REMOVE

Remove yourself from danger and remove any clothing or jewellery unless stuck to the skin



COOL

Place the burn under cool running water for 20 minutes



COVER

Cover the burn with a clean dressing



SEEK

seek medical attention if the burn is on the face, hands, lap or feet, is bigger than a 20 cent piece or is blistered