

June is



NATIONAL  
BurnsAwareness  
MONTH

# News from Kidsafe Tasmania Winter 2022



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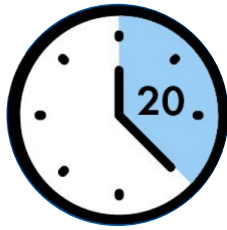
“Cool for 20”



**BURNS**  
**20 MINUTES**  
**TO COOL IS**  
**THE RULE!**



## CEO'S WINTER MESSAGE



# BURNS 20 MINUTES TO COOL IS THE RULE!

Welcome to the winter edition of our newsletter.

June is National Burns Awareness Month - highlighting the risks to our children during the winter months as we all try to stay warm.

Kidsafe Tasmania is urging parents, grandparents and carers to be extra vigilant this winter to prevent burns, and ensure they are aware of the correct first aid steps for burns - in particular the 20 minutes under cool running water as the critical first step.

We are also reinforcing the risks of hot water bottles to children, see article below.

Feedback is always welcomed, message me at [jenny.branchallen@gmail.com](mailto:jenny.branchallen@gmail.com)

Regards Jenny



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## BURNS AWARENESS MONTH IN JUNE 2022

## "Cool for 20"

### COOL BURNS FOR 20 MINUTES - by running under cool water

Correct burns first aid is critical in reducing the severity of a burn and scald injury in kids.

Cool running water is the best treatment for burn or scald injuries - there is only one thing it's important you learn about a burn: **20 minutes to cool is the rule!**

The first 20 minutes are crucial for recovery from burns. If initial treatment is ineffective, burns can continue to get worse for up to three days. Keep the child warm throughout.

Cover the burn with a clean dressing, seek medical attention if the burn or scald is on the face, hands, feet, genitals or buttocks, is larger than a 20-cent coin or is blistered.



### HOT WATER BOTTLES RISKS

On these cold winter nights, it can be tempting to fill up a hot water bottle to help keep the kids warm, however they can pose a serious burn and scald risk for kids.

- Make sure to check hot water bottles for cracks or leaks before filling - throw away if damaged.
- Always take hot water bottles out of the bed before the kids get in.

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## KITCHEN BURNS AND SCALDS – PREVENTION

Burns and scalds are one of the top accidental injuries to kids around the home, and the risk is even higher in winter.

The kitchen is the source of almost half the incidents of children suffering burns in the home, with many of them due to the child being near the person doing the cooking.

Hot water, even from the tap, can scald children in seconds. Hot drinks can do the same if spilt.

Lack of proper treatment of burns can also lead to the injuries being more serious.

### Prevention of burns and scalds

- Keep small kids away from cooking activities, in a safe place where you can still supervise them.
- Keep hot drinks away from small kids, and also ensure your hot water cylinder is set below 50 degrees Celsius, so that tap water is not dangerously hot.



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## PREVENTING INJURIES FROM FIRES IN THE HOME

In Tasmania, winter is a time when all the heaters are used the most. Wood heaters and open fires present a major fire risk, with logs and embers escaping on to the floor and easily starting fires. Faulty and blocked wood heater flues are also a major risk. Check your flue!

Electric heaters and electric blankets are another significant source of fires, due to electrical faults and misuse. Also, poorly maintained gas heaters. Regular checks are required.

### How to prevent injury from fires

- **Smoke alarms**  
Working smoke alarms reduce by half the risk of death or serious injury from fires. It's critical to replace smoke alarm batteries once a year, check them every week and whenever you hear the beeping alarm from a flat battery, replace it. Remember daylight savings changeover is a good time to check and replace batteries.
- **Fire guards**  
Wood heaters and open fires must have a good quality secured fireguard in place when the fire is lit, especially when there are young children in the home.
- **Fire evacuation plan**  
Have a plan in place to evacuate if there's a fire. Children mostly sleep in rooms separate from parents and are at most risk, so understanding your house, and how to help the kids escape a fire and also save yourself is important. Talk with the children to make a plan.



**20 MINUTES TO COOL  
(BURNS) IS THE RULE!**



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## WINTER PLAY, INCLUDING IN THE SNOW

Winter offers kids a range of different play and recreational activities that come with some unique hazards due to the environmental and weather conditions. Snow is at the more extreme end of risk, but a great source of pleasure as it's a rare opportunity as a child. kunanyi/ Mt Wellington and other Tasmanian peaks bring a fascination to kids when the first snows appear.

Activities such as snowboarding, skiing and even mountain bike riding are great fun in winter, but the proper preparation is critical to the kids' safety.

### Prevention of injury from winter activities

- Wear suitable clothing and footwear for the conditions. If going to the snow, extra layers are needed and non-slip footwear.
- Hydration is a problem with the extra clothing, as the child's activity heats them up and they perspire under the clothes.
- In very cold, icy and snow conditions, there is a risk of hypothermia and even frostbite, so parental supervision is critical under these extreme conditions.

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## PREVENTING COLDS, FLU AND COVID

Colds are mainly caused by viruses that your children are often exposed to in winter. School is where the risk is greatest for children through respiratory droplets in the air and on their hands, spread by close proximity to other students. A cold can easily spread through the whole class.

### Prevention of colds and flu

COVID has shown us how effective simple precautions can be to prevent the spread of viruses. The rate of flu during the COVID plummeted, but it's now on the increase. So it's essential that the following steps continue and complacency doesn't set in. We should all be:

- Washing our hands frequently, and using hand sanitiser everywhere we go.
- When coughing or sneezing, cover your mouth by doing so into your elbow.
- Have your flu vaccination. It works.

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## DRIVING SAFELY ON WET AND ICY ROADS

- Slow down on wet roads - you could lose control without warning if you hit a patch where water is laying on the road.
- After an extended dry spell the roads become really slippery the first time it rains.
- Make sure everyone is correctly buckled up, your tyres are good and brakes working properly.
- Slow down and be alert when visibility is reduced from fogged up windows, heavy rain and sleet as well as fog.
- Double the normal space between you and the car in front.
- Not every car driver drives for wet conditions – so expect others not to be using the same precautions that you are.
- If roads and highways are icy in spots, you may want to defer your travel if possible.

## WEBSITE

Our website has new insightful information being put up every week, I encourage you to look at it regularly and feedback is always welcome.

We are trying to keep content up to date and relevant to our users. We have uploaded our 2022 information for people who want to book a Kidsafe session during this year.

What you may find useful on [www.kidsafetas.com.au](http://www.kidsafetas.com.au)

### Burns and Fire Awareness

- Home Burns Safety Checklist
- Burns Videos links
- Safety Ninja Burns Safety Clip

### Stages in growing up safely

- Antenatal
- Birth to 6 Months
- Six to 12 Months
- One to Three Years
- Three to Five Years

### In-Home Safety

- Location in House
- Home Safety Checklist
- These Plants Can Kill
- Weighted Blankets information

### Water Safety

- Kids Alive Do the Five

### Road Safety

- Child Restraints
- Driveway Safety
- Pedestrian Safety
- Choosing the Right Car Seat

### Other safety information

- Top Ten Accidents
- Safe Return to School
- Coronavirus Update
- Playground Safety
- Child Farm Safety

### Also

- News - latest child safety updates
- Product Recalls
- News from Kidsafe Australia
- Kids Page
- Events

### Resources

- Data sheets - child safety
- Home Safety Actions Kit

