

Learn or Burn



Hot surface burns



**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

Hot surfaces and objects outside can heat up and retain the heat during hot weather.

This includes surfaces and objects such as play ground equipment, paving, metal grates and seat belts.

Young children can receive serious burns to the soles of their feet if they step on these surfaces without shoes on.

They can also receive burns to the palms of their hands if they fall over and land on their hands.

Young children have thinner and more sensitive skin than adults.

Their reaction time is also slower, causing more exposure and damage to the skin.

How can I reduce the risk of my child being burned?

- > Beware of the risks
- > Always ensure your child has shoes on when outside during hot weather
- > Avoid going outside during the hottest part of the day – 11am to 4pm (DST)
- > Closely supervise young toddlers when outside.

First aid for all burn injuries

- > Remove any clothing
- > Apply 20 minutes of cool running water
- > Cover with a clean cloth or clean plastic cling wrap
- > Seek medical advice if the skin is broken or the burn area is larger than a 20 cent piece.

Where can I get more information?

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.sa.gov.au

Kidsafe

Phone (08) 8161 6318