**Experts urge parents to prevent burns over winter**

As the cooler months approach, local health experts are reminding parents to take extra care around the home, as the risk of burn injury to both children and adults increases substantially over winter.

South Western Sydney Local Health District (SWSLHD) Director of Paediatrics, Dr Paul Chay, said that burns and scalds are common injuries in children and can be serious.

“It’s incredibly important to apply first-aid as soon as the burn occurs,” Dr Chay said.

“Immediately place the burn under cool, running tap water – NOT ice – for at least 20 minutes.

“For a scald, try and remove wet clothing that isn’t stuck to the burn, as material can hold heat and cause a deeper burn.

“Cover the burn loosely with plastic wrap (except on the face) and keep your child warm. Use a clean damp cloth if plastic wrap is not available.

“It’s important to seek medical attention for burns larger than a 20 cent piece or if there are blisters,” he said.

The majority of burn injuries that occur at home can be prevented.

**Winter burn prevention tips from SWSLHD expert Dr Paul Chay:**

- Always turn saucepan handles away from the edge of the stove.
- Always make sure that hot liquids (including coffee, tea, noodles and soup) are well out of reach of children.
- Adults must supervise children who are able to prepare their own instant noodles or any recipe involving hot liquids.
- Keep small children out of the kitchen at all times when cooking.
- Avoid using a tablecloth if you have a small child or toddler at home. The child may pull on the tablecloth and cause hot liquid and food to fall on them.
- Always test the bath water to make sure it isn’t too hot, before placing the child in the bath.
- Follow the rule ‘keep a metre from the heater’: keep children, furniture, clothes and curtains at least one metre away from heaters and fireplaces at all times.
- It’s best not to have a small child around when using a threadmill, as the moving belts of treadmills can cause deep friction burns if touched whilst being used. The open end of the threadmill should be positioned against a wall to make it less accessible to children.
- Do not carry or nurse a baby or child whilst cooking, drinking hot drinks or heating a baby’s bottle.

Visit Kidsafe NSW (www.kidsafensw.org) for more burn prevention tips.