



National Burn Awareness Day

TOOLKIT



11TH OCTOBER 2023

#BeBurnsAware



www.cbtrust.org.uk



www.britishburnassociation.org

COOL the burn with cool running tap water, **CALL** for help, **COVER** with cling film



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Prevention and good first aid are key to reducing the number of burns and scalds occurring in the UK every single day.

Thank you for supporting National Burn Awareness Day 2023.

The majority of accidents that cause burn and scalds to babies and children involve hot water, which is why the key message for National Burn Awareness Day 2023 is 'Hot Water Burns Like Fire'.

A burn injury is for life. The scars are physical as well as psychological, and can present life-long challenges for the individual and their families.

What many people don't know is that children and the elderly are the most vulnerable, and the majority of injuries occur as a result of an accident that could so easily have been prevented.



7,335 children were burned or scalded in 2022 alone in England and Wales. This figure doesn't include the thousands seen and discharged in A&E. These are the children who were so badly injured they had to be admitted to a Specialist Burns Unit.

"The British Burn Association join Children's Burns Trust on National Burn Awareness Day 2023 to promote hot water bottle safety. The prevention of scald and burn injuries in adults and children is such an important message, as well as the right first aid advice. If an accident should occur, apply cool running water for 20 minutes, seek medical advice and cover the burn wound loosely with cling film, which we know leads to better long term outcomes for the patient."

Nicole Lee, British Burn Association, Lead Nurse London and South East Burns Network

"National Burn Awareness Day is in its 10th year, and whilst we can see a continued downward trend of a reduction in the number of burn and scald injuries in children as a result of increased awareness, thousands of babies and children still sustain burns and scalds each year across the UK.

The majority of accidents that cause burn and scalds to babies and children involve hot liquids, which is why the key message for National Burn Awareness Day 2023 is Hot Water Burns Like Fire. Hot water in any form presents a number of very real dangers - from cups of tea and coffee, to kettles, pan spills, hot running water from a bath or shower and hot water bottles.

By raising awareness of the different risks to children that involve hot water - as well as the correct first aid should an injury occur - we can help to reduce the number and resultant scarring of these devastating injuries that take place each year."

Ken Dunn, BSc FRCS(Lond) FRCS(plast) FRCS(ed), Consultant Burns and Plastic Surgeon (retired), Vice Chair of Children's Burns Trust

Communications Partner **Leigh Day Solicitors**

Leigh Day



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Hot Water Burns Like Fire

The majority of accidents that cause burn and scalds to babies and children involve hot water, which is why the key message for National Burn Awareness Day 2023 is 'Hot Water Burns Like Fire'. Here we see why hot water in any form presents a number of very real dangers.



Hot drinks

30 babies and toddlers go to hospital with a hot drink burn every day. In addition to this shocking daily figure, 60% of all children under 3 who attended Accident & Emergency Departments are due to a hot drink burn. Prevention of hot drink burns is easy using these simple rules:

- Keep hot drinks out of reach of young children – placing them at the back of the kitchen surface and never on a table cloth or cloth that hangs down so that a small child can reach and pull it down
- Never carry a hot drink whilst carrying a baby
- Never pass a hot drink over the heads of young children
- Avoid drinking hot drinks around small children



Hot water bottles

Hot water bottles can be dangerous and cause burns if they are not cared for or used safely.

Rubber deteriorates over time so old hot water bottles can burst or leak and cause serious burns. Check for signs of wear and tear regularly. Keep an eye on the flower symbol which indicates exactly when it was made. Don't use a hot water bottle that is more than 2 years old.

Never fill a hot water bottle with boiling water.



Saucepan and kettle spills

531 children were admitted to an NHS Burns Service due to injuries related to an electric hob in 2022. A further 375 children were admitted to an NHS Burns Service due to accidents involving kettle spills.

It is crucial that children are not left alone around hot cooking surfaces and keep them out of the kitchen when cooking or preparing food and hot drinks.

Always use the back burners on the hob when you can and turn handles in. Keep kettles and their cords out of reach of little hands.



Hot water scalds in the bath or shower

Hot water can pose a real danger. Bath and shower water can cause such bad burns that children need years of treatment and may be scarred for life. It only takes one second to get a deep burn in hot water when the water temperature is at 70°C.

Always run cold water before hot and test the temperature with the back of your hand. Never leave a child alone in the bath, even for a second.



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How you can get involved

This toolkit has been designed to provide you with information to help you support National Burn Awareness Day 2023.

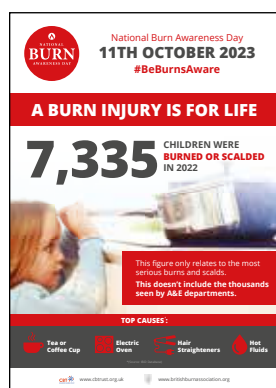
The impact of your involvement across the country will help to:

- **Raise the awareness of the shocking number of people burned each and every day – the vast majority of which are preventable;**
- **Promote good first aid.**

Downloadable resources

We have put together a selection of digital resources to help you support National Burn Awareness Day 2023. **The following assets are available to download at:**

<https://cbtrust.org.uk/get-informed/campaigns/national-burn-awareness-day/>



POSTERS

Print these out, send them to your own contacts, share them with your staff... blue-tac at the ready.



WEBSITE BANNERS

Add these to the homepage on your website, send them to your contacts. The power of online is crucial.



SOCIAL MEDIA BANNERS

For use on X (Twitter), Facebook and Instagram. Make these your profile artwork and use the assets alongside your posts and updates about National Burn Awareness Day.



EMAIL SIGNATURE

Add this to your email footer, ensuring everyone you communicate with hears about National Burn Awareness Day 2023.



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Activity Suggestions and Ideas

- **Use the Downloadable Resources**

We have put together a selection of downloadable digital resources to help you support National Burn Awareness Day 2023.

These are available to download here:

<https://cbtrust.org.uk/get-informed/campaigns/national-burn-awareness-day/>.

Share these with your family, friends and colleagues.

- **Active on Social Media**

X (Twitter): @CBTofficial

Facebook: @childrensburnstrust

Instagram: @childrensburnstrust

TikTok: @childrensburnstrust

Using the hashtag #BeBurnsAware

Be sure to follow us, and get stuck in! Whether re-tweeting or liking Children's Burns Trust posts, or sharing your own, see suggested posts in this Toolkit (P7-8).

- **STOPTEABER**

Reduce the number of burns to children and support the Children's Burn Trust by asking your friends and family to sponsor you to give up tea or coffee in October OR donate the money you would spend on your daily coffee to the Children's Burn Trust in October.

- **Information stand in Hospitals**

Set up a stand in your reception area. Display posters and leaflets etc. Contact your local radio and press. Ask your communications department to highlight the day and to share on social media.

- **Look out for activities and events being run by your local Fire and Rescue Service, Mother and Toddler Groups, Nurseries and Children's Centres**

- **Ask to display posters in schools, children's centres and GP surgeries. Schools can give an assembly on burn prevention/first aid.**

- **Request the Support of your Local Council**

Ask them to advertise the day, on their social media channels, website and to cascade the information to parents through school email circulars.

- **National & local TV and radio interviews**

- **Influencers**

We will be asking for retweets from national organisations, MPs, celebrities and social media influencers. Please consider asking your local MP to tweet/retweet, and if you have developed a relationship within an organisation or well-known figure who you will be asking to retweet about your activities, please let us know so that we can retweet their support.

- **Provide Burns related First Aid training**

- **Fundraising events for burns related charities**

- **Other ideas?**

This list is by no means prescriptive – if you have other ideas, please go for it!

- **PLEASE LET US KNOW ABOUT YOUR ACTIVITIES SO WE CAN SUPPORT ON SOCIAL MEDIA**

See pages 7 and 8 for the Children's Burns Trust social media information.



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STOPTEABER



The Children's Burns Trust has launched STOPTEABER - a new, nationwide fundraising campaign to help to reduce the number of children who experience burns and scalds from hot drinks. 30 children go to hospital every day with a hot drink burn, this campaign will support Children's Burns Trust in raising awareness and reducing this number.

A burn injury is for life, the scars are physical as well as psychological, and can present life-long challenges for the burn survivor and their families.

How can people take part?

STOPTEABER has been designed to be flexible. We are asking people to help reduce the number of burns to children and support the Children's Burn Trust by:

- Asking your friends and family to sponsor you to give up tea or coffee in October.

OR

- Donate the money you would spend on your daily coffee to the Children's Burn Trust in October.

The STOPTEABER campaign page can be accessed here:

<https://justgiving.com/campaign/stopteaber>

For further information and to access STOPTEABER social posts please visit:

<https://cbtrust.org.uk/get-involved/stopteaber/>

"STOPTEABER is an easy way for individuals, parents, organisations and our colleagues across the NHS and burn community to come together to give up tea and coffee for the month in order to raise awareness and support the work of Children's Burns Trust."

Marina Lobanov Rostovsky,
Chairman of Trustees of
the Children's Burns Trust



www.cbtrust.org.uk



www.britishburnassociation.org

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Website and Social Media Activity

The Children's Burns Trust website has many pages and resources that are extremely useful for National Burn Awareness Day, please feel free to link to these from your own website.

Page	URL
Information about National Burn Awareness Day	https://cbtrust.org.uk/get-informed/campaigns/national-burn-awareness-day/
Facts and Figures to support National Burn Awareness Day (annual & monthly)	https://cbtrust.org.uk/burns-and-scalds-infographic/
Learning Zone with access to FREE resources for Early Years, Key Stages 1 – 4 and parents, carers and professionals	https://cbtrust.org.uk/get-informed/learning-zone/
First Aid	https://cbtrust.org.uk/get-informed/first-aid/
Case Studies	https://cbtrust.org.uk/news-stories/

Social Media

X (Twitter): @CBTofficial

X (Twitter): @BritishBurn

Facebook: @childrensburnstrust

LinkedIn: @childrensburnstrust

Instagram: @childrensBurnsTrust

TikTok: @childrensburnstrust

*Be sure to follow us,
and get stuck in!*

Whether re-tweeting or liking
Children's Burns Trust posts,
or sharing your own.

The Children's Burns Trust social media accounts will be posting in the weeks prior to and on National Burn Awareness Day. Please re-tweet and share our posts to raise as much awareness as possible. Let us know your planned activities for National Burn Awareness Day and we can also share the activity on our social channels, raising more awareness.

If you quote us in the Facebook post we can also share the activity, raising more awareness:
[@childrensburnstrust](https://www.facebook.com/childrensburnstrust)

You could also link to the website page:

<https://www.cbtrust.org.uk/national-burn-awareness-day/> from your Facebook account.



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Key stats and Social media posts

Prevention and first aid:

- 611 children a month require admission to an NHS Burns Service following a severe burn or scald injury. <https://cbtrust.org.uk/get-informed/campaigns/national-burn-awareness-day/> #BeBurnsAware
- 7,335 children were so badly burnt they were admitted to a NHS specialist burns service in 2022 – 20 toddlers every day. <https://www.cbtrust.org.uk> #BeBurnsAware
- The most common place of injury is the home for children and the elderly. For adults, it's the workplace. #BeBurnsAware
- Prevention is key to reducing the number of burns and scalds each year. The right first aid will reduce the scarring and injury. <https://cbtrust.org.uk/get-informed/campaigns/national-burn-awareness-day/> #CoolCallCover #BeBurnsAware
- If your child was burned or scalded would you know what to do? COOL with running water for 20 minutes. CALL for help for any burn larger than a 50p: 999, 111 or local GP. COVER with cling film #BeBurnsAware #CoolCallCover

Hot drinks:

- 30 babies and toddlers go to the hospital with a hot drink burn every day. Keep hot drinks out of reach. <https://www.cbtrust.org.uk/burn-prevention/awareness-campaigns/hot-drinks/> #BeBurnsAware
- 60% of all children under 3 who attend A&E are due to a hot drink scald. Keep hot drinks out of reach <https://www.cbtrust.org.uk/burn-prevention/awareness-campaigns/hot-drinks/> #BeBurnsAware
- Did you know hot drinks are the most common cause of burns in children? Something as common as a tea or coffee can have devastating effects. <https://www.cbtrust.org.uk/burn-prevention/awareness-campaigns/hot-drinks/> #BeBurnsAware

Hot water bottles:

- Hot water bottles can be dangerous and cause burns if they are not cared for or used safely. Most people are not aware that they have an expiry date and that hot water bottles older than 2 years should never be used. Learn more here: <https://cbtrust.org.uk/get-informed/causes-of-burns-and-preventions/hot-water-bottles/> #BeBurnsAware

Pans and hobs:

- Always have pans at the back of the hob when you're cooking. Your kitchen is the most dangerous room in your home for children, as the majority of burns & scalds happen in the kitchen. #BeBurnsAware
- 531 children were admitted to an NHS Burns Service due to injuries related to an electric hob in 2022. This does not include the many more who were treated in A&E departments. <https://cbtrust.org.uk/get-informed/causes-of-burns-and-preventions/hob/> #BeBurnsAware

Hot water scalds:

- 462 children were admitted to an NHS Burns Service following injuries in the bathroom in 2022. Hot water from taps, baths, sinks and showers can cause severe scalds. The young and elderly are especially vulnerable as their skin is thinner and they have less ability to remove themselves from the scalding water. #BeBurnsAware
- Bath water can cause such bad burns that children need years of treatment and may be scarred for life. When running a bath always put the cold water in first and then bring it up to the right temperature - then test the temperature with the back of your hand before the child gets in. #BeBurnsAware

Fireworks:

- The Fire & Rescue Service recommend attending organised firework displays. Before you think about attending any gathering with fireworks, remember that they can cause life-changing burn injuries. Don't take the risk. <https://cbtrust.org.uk/get-informed/causes-of-burns-and-preventions/fireworks/> #BeBurnsAware
- This family were being careful with Fireworks. Rosie-May was 4-years old when she was seriously injured by a firework that went astray. Read her family's story here: <https://cbtrust.org.uk/news-stories/burnsurvivor-rosie-may-mum-of-daughter-hit-by-a-firework-tells-her-story/> #BeBurnsAware

Irons and hair straighteners:

- Irons & Hair Straighteners take longer than you think to cool down - 546+ children (0-14 yrs) in 2022 were treated for burns from them. Ensure they are safely out of reach even after use. <https://cbtrust.org.uk/get-informed/causes-of-burns-and-preventions/hairstraighteners/>



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Useful Links

- **British Burn Association**
www.britishburnassociation.org
A non-profit charity concerned with all aspects of burn care
- **Changing Faces**
www.changingfaces.org.uk
[@FaceEquality](https://www.facebook.com/FaceEquality)
Aiming to create an enlightened society, which fully accepts and values people who have a disfigurement.
- **Child Accident Prevention Trust**
www.capt.org.uk
[@CAPTcharity](https://www.facebook.com/CAPTcharity)
Committed to reducing the number of children and young people killed, disabled or seriously injured in accidents.
- **Children's Burns Trust**
<https://www.cbtrust.org.uk>
[@CBTofficial](https://www.facebook.com/CBTofficial)
Providing rehabilitation support for burned and scald injured children and their families, as well as prevention and awareness campaigns.
- **Dan's Fund for Burns**
www.dansfundforburns.org
[@DansFund4Burns](https://www.facebook.com/DansFund4Burns)
Practical help for adult burns survivors.
- **Electrical Safety First**
www.electricalsafetyfirst.org.uk
[@ElecSafetyFirst](https://www.facebook.com/ElecSafetyFirst)
Ensuring that everyone in the UK understands the importance of electrical safety.
- **First Aid: NHS Choices**
www.nhs.uk/Conditions/Burns-and-scalds/Pages/Treatment.aspx
- **National Fire Safety Campaign**
<https://fireengland.uk/fire-safety>
The Government's campaign in England to help prevent accidental domestic fires and consequent injury or loss of life through raising awareness of fire safety.
- **Katie Piper Foundation**
<https://katiepiperfoundation.org.uk>
[@KPFfoundation](https://www.facebook.com/KPFfoundation)
Making it easier to live with burns and scars.
- **National Fire Chiefs Council**
<https://www.nationalfirechiefs.org.uk>
[@NFCC_FireChiefs](https://www.facebook.com/NFCC_FireChiefs)
The professional voice of the UK Fire & Rescue Service.
- **RoSPA - The Royal Society for the Prevention of Accidents**
<http://www.rospace.com>
[@RoSPA](https://www.facebook.com/RoSPA)
Actively involved in the promotion of safety and the prevention of accidents in all areas of life.
- **Health Talk**
Healthtalk.org/burns



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Prevention and First Aid

Hot water bottle safety

Hot water bottles can be dangerous and cause burns if they are not cared for or used safely so please read the information below thoroughly and take care.



How to fill your hot water bottle safely

Preventing burns and scalds is easy using these simple rules:

- Bottles should only be filled by adults.
- The bottle should be held upright by the neck.
- Use cooled boiled water from the kettle to fill the bottle. Let the boiled water cool for about 5 mins before filling the bottle.
- Fill to a maximum of two thirds full.
- Carefully let out the air from the bottle, holding the neck away from you as you do it, before putting the stopper on.
- Make sure the stopper is screwed on tightly.

Using your hot water bottle safely

- Lullaby Trust advises never putting a hot water bottle in your baby's sleep space – instead use the water bottle to warm the bed and then remove.
- Never put a hot water bottle directly on your skin, use a cover.
- Remind older children not to sit or lie on hot water bottles.

Do hot water bottles expire?

Yes, they do.

Rubber deteriorates over time so old hot water bottles can burst or leak and cause serious burns. It is advised to regularly check for signs of wear and tear and not use hot water bottles that are more than two years old.

The hot water bottle flower symbol

The flower symbol, below, found on hot water bottles, helpfully indicates exactly when it was made which enables you to know if it is more than two years old and should be replaced.

The number in the middle is the year it was made, the flower segments represent the 12 months of the year and the dots inside those represent the number of weeks. So, this hot water bottle was made in third week in April, 2021 and is more than two years old.





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First Aid

Good first aid following a burn or scald can make an enormous difference in recovery times and the severity of scarring.

Two important things to remember are:



COOL, CALL, COVER

FIRST AID ADVICE FROM THE BRITISH BURN ASSOCIATION

1. Cool the burn with running cool tap water for 20 minutes and remove all clothing and jewellery (unless it is melted or firmly stuck to the wound)
2. Call for help for any burn larger than a 50p coin – 999, 111 or local GP for advice
3. Cover with cling film or a clean, non-fluffy dressing or cloth. Make sure the patient is kept warm



STOP, DROP, ROLL

“**Stop, drop and roll**” is used when clothing catches fire. Children can get confused about when to stop, drop and roll. It is important to know when to do this. Children who do not have a good understanding of stop, drop and roll will sometimes do this if they burn a finger or need to get outside if the smoke alarm sounds.

Only use stop, drop and roll when clothing catches fire.



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Safety Guidance in the Home

A burn injury is for life. Being burned or scalded can mean years of painful treatment and, in the worst cases, many operations to release the scar tissue.

DO

- ✓ Install smoke alarms on each floor and test regularly
- ✓ Keep hot drinks out of reach of babies and young children
- ✓ Make and practice Fire Escape Plans with the whole family
- ✓ Run COLD water first in the bath or sink before adding hot water – test the temperature
- ✓ Install thermostatic mixing valves in all hot water outlets
- ✓ Keep saucepans at the back of the stove NOT near the front – turn handles to the back
- ✓ Keep kettles, irons, hair straighteners or wires out of reach
- ✓ Keep secure fire screens in front of open fires, heaters & radiators
- ✓ Store matches and lighters out of reach
- ✓ Store chemicals, cleaners and acids out of reach

DON'T

- ✗ Drink hot drinks while nursing/holding a baby or child
- ✗ Put a baby or child into a bath or sink until the water has been tested
- ✗ Warm baby bottles in the microwaves
- ✗ Leave hair straighteners unattended
- ✗ Allow children near BBQs or garden chemicals
- ✗ Allow children near fireworks
- ✗ Leave children unattended in the kitchen, bathroom or near fires and heaters
- ✗ Leave your e bike or e scooter charging overnight

Prevention of hot drink burns is easy using simple SafeTea rules:

- Keep hot drinks out of reach of young children
- Never carry a hot drink whilst carrying a baby
- Never pass a hot drink over the heads of young children

Ways to keep hot drinks away from children:

- Place hot drinks at the back of the kitchen surface
- Don't place a hot drink on a table cloth or cloth that hangs down so that a small child can reach and pull it down
- Make a safe place... a SafeTea zone for hot drinks... in your home where you and members of the family and visitors can keep hot drinks from young children
- Avoid drinking hot drinks around small children
- Always remind visitors to your home to 'Keep hot drinks out of reach of the young children'





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Case Studies

HOT SHOWER SCALD

Teddy's story

The incidence of bath and shower scalds has generally decreased over the last 14 years since the change in building regulations in 2009 to ensure all baths in new builds and refurbishments are fitted with a thermostatic mixing valve (TMV), a campaign that was supported by Children's Burns Trust. However, bath and shower scalds still happen and mum Aimee reached out to tell us how her young son sustained a scald in the shower in the summer of 2023. She wants to raise awareness to help parents to avoid these situations and stress the importance of knowing what to do if a burn or scald does occur.

I want to share what happened to our family to help raise awareness of the risk of scald injuries in the bathroom. For us the reality is, these things can happen out of nowhere, no matter how careful you are and being aware of how to react when a burn or scald accident happens really does make all the difference.

We always made sure hot drinks were kept out of reach and we still had a baby gate on our kitchen to keep the kids away from the cooker, kettle etc but we were completely unaware of the risks posed by our bath/shower.

We'd decided to give Teddy age 2 and his sister Evelyn age 5 a shower rather than run a bath as we were short on time before bed. I'd turned the shower on and got the water to the correct temperature and Teddy was happily sat playing at the bottom of the shower, spraying the water on the walls and himself. Next minute I heard him scream and went rushing in. The water pressure must have dropped in the shower, we believe due to a fault in the shower and when the water came back on at full power the water was scalding hot. It all happened in a matter of seconds.

I grabbed Teddy out of the shower, we immediately turned the shower to cold and I tried to get back in with him, unfortunately as he was clinging to me so much we found it difficult to spray water on his front. We decided to start running a bath and whilst the water was filling I was sat in the bath with Teddy and splashing the cool running water onto him and once





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it was deep enough, I sat with him and kept his body and legs under the water to keep them covered. As a mother all I wanted to do was comfort him as he continuously tried to climb onto me. My husband Sam kept me calm and reminded me that I needed to keep him under the water, and although he was crying in pain, this was the best thing for him.

Whilst all this was going on Sam called 111 who advised us to take him to A&E, however we felt this was not an option for us as the location of his burns would have made it difficult to safely strap him into his car seat. Sam then called 999 and I stayed in the cool bath with Teddy until they arrived 20 minutes later. We were taken to our local A&E department and then transferred to the specialist burns service 50 miles from home. It was such a whirlwind after we arrived in A&E and not a time that I want to remember.

Teddy was confirmed to have 11% burns to his chest, abdomen, groin, right thigh, right shin, left shin, left ankle and his right hand.

Thankfully Teddy didn't require any skin grafts although there were a couple of areas that the doctors were concerned were a bit deeper. We were discharged after 10 days in hospital and then continued to attend the hospital for dressing changes. Whilst most of the burn healed well, at the beginning of September the burns staff confirmed that Teddy will need to wear a pressure garment on his legs to help reduce the scarring in the areas of the burn that took longer to heal. The garment has to be worn 23 hours a day and the length of time can be anywhere from 6 months to 2 years. It's heartbreaking that this accident will affect him for such a lengthy time, and I don't believe many people are aware of the impact a scald injury can have.

Whilst we still have challenges to face we are hoping that the scars will fade in time and the trauma from the event will ease. I'm so grateful that my husband knew what to do when the burn happened and that Teddys recovery has gone well. We are so proud of how incredibly brave our little boy has been throughout.

Aimee and Sam

Footnote from Children's Burns Trust

Aimee and Sam have shared their story just a month after the accident in the shower happened. They are still waiting for a plumber to assess the shower to understand what happened with the water temperature. We are grateful for their courage in reaching out to Children's Burns Trust to share their story to raise awareness of the risk of bathroom scalds.



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CHILD BURN > SAUCEPAN SPILL

Charlie's story

In 2010, Charlie was 15 months old when he was burned in an accident in his kitchen at home. A pan of boiling water spilt and he sustained burns to 10% to his body. Here, Charlie's mum Michelle shares her experience of that day and the journey Charlie and his family have been on together.

Family life with young children is busy and can sometimes feel like a circus act where we are spinning plates. I want to tell you our story, and in doing so, I hope that I can encourage you to stop for a second and consider your actions, which might just prevent an accident like ours.

It was January 14th 2010, a typically busy family day. My husband and I were both in work. Our eldest son, Ollie, was 4 years old and in reception class at school and our youngest son, Charlie, was 15 months old and at nursery. It was a particularly hectic day as we were going on holiday that night.





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After work I picked up Ollie from school then went to Charlie's nursery. They told me Charlie had not been very well so I managed to get him an appointment with our doctor. He had a chest infection and was prescribed antibiotics. We got home around 4.30pm. You know how it is – numerous bags were dumped at the front door. I had 2 hungry little boys and lots of jobs to get done before our holiday. Priority was tea. I decided to use just 1 big pan. I went the potatoes, then the carrots, then peas. 4 minutes till tea time. I then thought about Charlie's medicine, which was in my handbag by the front door, and I wondered if he needed to have it before food. I left the kitchen to get it and when I got to my front door I heard the most horrific scream I have ever heard. 12 years on it still gives me chills to remember the sound. I knew it was Charlie, my baby boy. The scream was so agonising that I thought he'd cut off a limb. I ran to the screams and there he was on my kitchen floor with the pan and vegetables next to him. In my haste, and with my preoccupied mind, I had been careless and left the handle of a large pan full of boiling water within reach of my baby.

My instinct was to strip him of his clothes and get cold water onto him, but as I took his clothes off, his skin was just peeling off. I knew I had to ring for an ambulance and felt so utterly torn about what was the most important thing to do. I put Charlie in the bath under the cold tap and went for the phone. But he was screaming for me and not staying under the tap. At that moment, my husband came in from work. He put the shower on and took over on the phone while I stood under the cold shower forcing Charlie under it, knowing I had to cool his body down. It was the most frightening moment of our lives. As a family we were all hysterical. It took just 4 minutes for an ambulance to come.

At the local hospital, it also felt like there was panic. His bed was surrounded by Doctors and Nurses. The staff were excellent, but had no answers at the time – they could not tell me that Charlie was going to survive. They also did not know exactly how to handle the severity of the burn – faxes were being sent to and fro to the Royal Manchester Children's Hospital, and we were told that as soon as he was stable, Charlie would be transferred to Manchester. Charlie was wrapped in cling film and fluid was drilled into his bones as his little body was shutting down; there were no veins on his arms or legs to get



a line into. He had become silent and stopped crying, which was frightening. The only time he made a sound was when I left his side to go and change into some dry clothes, and I could hear him crying "mummy" through A&E. I had been in cold wet clothes for hours, but hadn't even realised. I was consumed with comforting Charlie and praying he'd survive. At 10.30pm Charlie was stable enough to travel, and we were blue-lighted in an ambulance 100 miles from our home to the Royal Manchester Children's Hospital.

We entered the Burns Unit and there was a calm and a confidence amongst the staff. I felt immediately at peace that Charlie was going to be OK, and that he was in expert hands.

I was not in any way prepared for what the treatment of burns involved. Charlie was photographed and taken to a treatment room called "the bathroom" where he was wrapped in 5 layers of creams, dressings and bandages then laid in a cot in an isolation high dependency room. This treatment took place every day. I went into that room with Charlie for 7 consecutive days and witnessed the remarkable work of doctors and nurses as they worked with skill and care to keep Charlie's body free from infection and did their best to promote healing of new skin. I tried to distract Charlie with songs and books while also seeing the full extent of his injury, seeing his pain, and feeling my own guilt for putting him in this horrendous situation. Charlie had full thickness burns to 10% of his body.



CHILDREN'S BURNS TRUST

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The 7 layers of skin over his right shoulder, upper right arm and right torso were fully burnt away, and he had further burns, but not full thickness, all down his right arm, right hand and his neck. Charlie was fully conscious during this part of his treatment and it was the most difficult time of the recovery journey for him and for me.



After a week, Charlie had skin graft surgery, where skin was taken from his right thigh and placed over his injury. Visitors could only look at Charlie through the door, which was upsetting for everyone. Ollie moved in with my parents whilst Charlie was in hospital, and continued to go to school to try and keep his routine the same. Charlie's dad had to return home to work, but would drive the 200-mile round trip after work every night to come and visit Charlie. I slept on a put-up bed next to Charlie's cot.

As a mum I struggle to put into words what this time was like for me. I thought I had ruined Charlie's life and that our family life was forever altered. I felt consumed with guilt for the pain Charlie was going through, and realising he was going to be scarred for the rest of his life was deeply upsetting. I couldn't sleep or eat, and needed help from the Burns Psychology Service.

3 weeks after being admitted, we were allowed home. But we were still at the very beginning of Charlie's recovery. His wound was not yet healed and he was now under Physiotherapy and Occupational Therapy.

The recovery process for burn injuries can be a long road. Charlie was an inpatient for 3 weeks but then spent many months as an outpatient 3 times a week doing the 200-mile round trip to Manchester each time. And his treatment continued for years. Charlie's neck took 4 months to heal, and the risk of infection continued to be high for him as his wound kept breaking down. We couldn't go into any public place beyond the burns and plastic outpatient's department at the Royal Manchester Children's Hospital. So, no shops, toddler groups, friends and family houses. I didn't leave Charlie's side for a long time, and found separating from him difficult when he could eventually return to nursery. I was able to work from home and managed all my work around Charlie's sleeping.

Grafted and burnt skin does not heal and grow in the same way as uninjured skin. Charlie's scar needed to be washed, massaged and stretched 3 times a day. We did this for 8 years. This was to help the scar heal as flat as possible, to prevent skin tags, and also to enable Charlie to have full function of his shoulder joint as his body grew.



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Charlie also had to wear a pressure garment for 2 years, which was a tight-fitting piece of clothing with one arm, for his right arm that was burnt, to keep the new skin healing flat. He wore it all the time, even to sleep in. Outpatient visits are now only every 2 years and the massage and stretching have also stopped.

Charlie is now 14 and he is thriving! He loves life and is living it to the full. He is scarred for life, but he is not ashamed of his scar and is happy and confident to tell his story. I am so proud of his resilience. I hope that by sharing our story we can maybe prevent an accident happening in another home.

We are forever grateful to the incredible skill and kindness shown to us by the NHS staff at both Furness General Hospital and the Royal Manchester Children's Hospital. Charlie received world class treatment.

We want to give back, to say thank you, but also to spare another child and family from going through the pain and trauma that we have experienced.

Please take care in your kitchens. It is scary how damaging hot liquid is, how painful and long lasting the treatments, and the scarring is for life. Keep your pans on the back burners and your handles tucked away and well out of reach of inquisitive minds.



www.cbtrust.org.uk



www.britishburnassociation.org

COOL the burn with cool running tap water, **CALL** for help, **COVER** with cling film



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CHILD BURN > KETTLE SPILL

Tomas' Story

We were contacted by parents Tomas and Vickie who wanted to share their son Tomas' story in order to help raise awareness of the dangers of burns, specifically those caused by hot water spills, to children. This case-study, which is bravely shared by them in their own words, is powerful as it highlights the risks around every day items such as a kettle, and carries an important reminder that accidents can happen just as easily when everyone is relaxed on holiday as they can at home.

In June 2019 Tomas was 7 when he, his twin and his elder brother were bouncing on an airbed while on holiday in France. To this day no one in the family recalls putting the kettle on as we had been having a BBQ and just had a shower after a lovely swim.

The children were bouncing and were laughing, but then all of a sudden there was a scream. Tomas had spilt a boiled kettle all down his right arm and a small splash on his head. An immediate, quick reaction from his dad followed, and we stripped the onesie he had on and applied cold water to the area. At the same time, I made sure the other two children had clothes on and searched for the nearest hospital.

After what felt like an eternity, we arrived at a minimal English-speaking hospital 40 minutes later. They were simply amazing, without the staff starting the treatment and arranging for the nurses to redress daily I think our story and outcome for Tomas may have been different.

With the support and expert advice from our own doctors and the specialist at the French hospital, we were able to and carry on our holiday for 10 days. We came home knowing we would need to see a specialist. After driving 324 miles home, and having visited our local A&E, Tomas and I made the trip to Royal Manchester Children's Hospital, 89 miles away, to the burns ward. The nurses instantly made us feel comfortable and at ease. For two days, they washed dressed and looked after us beautifully. With no



grafts needed, a couple of emotional breakdowns but mainly healed with creams, love, determination and time, Tomas' burn is looking amazing.

His consultant, Professor Shah, has been incredible, after Tomas had been discharged we travelled 3 times a week, then once every 10 days over 4-5 weeks to the Burns and Plastics aftercare Clinic (BPAC). The staff at the clinic, receptionists, nurses, the clinical staff, and so many more that I'm sure I have missed, have been so wonderful to our family. We are currently being seen under pressure clinic, and now only 4 monthly visits.

Not just the accident itself, but the treatment too, has been a long haul and has been an upsetting, stressful and heart-breaking time for us all. But it is worth all this, to know you have done everything you can to do your best for your child and help his recovery.

We are so fortunate that we have as a family a good support network, trust in the process and the people who are there to help. We have an amazing relationship with RMCH BPAC clinic and they've helped in more ways than they will ever know.



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CHILD BURN > HOT DRINK SPILL

Arthur's Story

In April this year, aged 2 years 9 months, Arthur was playing in the garden with his sister. His mum had made a pot of coffee and put it at the back of the worktop in the kitchen. In the blink of an eye he had come back into the kitchen, climbed onto the worktop and spilled it over his neck, arm, chest and leg.

His mum immediately put him under cold running water until the ambulance arrived 30 minutes later. Arthur was taken to his local hospital, Addenbrookes, where he received initial treatment for the pain and was transferred to the Regional Burns Service at Broomfield Hospital in Chelmsford – over 60 miles from home.

Arthur was in hospital for 10 days during which time he had 3 skin grafts on his arm, armpit and chest. Mum, Laura, stayed with him in a chair next to his bed – and his grandparents brought his 5 year old sister on the 121 mile round trip to visit nearly every day.

2 months on Arthur is doing amazingly well – he now has a tubigrip on his arm where he had the skin graft. All affected areas need to be creamed 5 times a day and Arthur returns regularly to Broomfield Hospital for scar therapy and on-going treatment. Mum says “he comes to me when his skin is getting itchy and has leant to “scratch” with his palm, not his nails”.

Having seen at first hand the devastation caused by an accident that happened in the blink of an eye, Arthur's parents are very keen to raise awareness of the dangers of hot drinks and to prevent further accidents like this from happening.



COOL, CALL, COVER

FIRST AID ADVICE FROM THE BRITISH BURN ASSOCIATION

1. **Cool** the burn with cool running water for 20 minutes and remove all clothing and jewellery (unless it is melted or firmly stuck to the wound).
2. **Call** for help for any burn larger than a 50p coin: 999, 111 or local HGP for advice.
3. **Cover** with a clean, non-fluffy dressing or cloth. Make sure the patient is kept warm.



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How we help

Children's Burns Trust are a national charity dedicated to providing rehabilitation support for burned and scald injured children and their families, as well as prevention and awareness campaigns for which there is little or no national funding. We receive no government funding and are only able to continue the work we do as a result of our own fundraising efforts.

Awareness Campaigns

We are involved in numerous online and in person prevention campaigns in conjunction with partner organisations throughout the year to reduce the number of children being burnt and scalded in the UK.

Rehabilitation Support

A burn injury is for life. The scars are physical as well as psychological and can present lifelong challenges. It is our aim to make those challenges easier to bear and to help children and young people to grow up and lead as happy and healthy a life as possible.

Direct Family & NHS Support

Often children with severe burns are admitted to specialist burns services in hospitals far from their home. Parents coping with the trauma of a seriously ill child and mounting travel expenses can find it challenging. Following referral from the relevant clinical burns specialists we help families throughout the UK to cope with these initial costs.

In addition to the thousands of families and children we have supported, here are examples of some of the organisations we have helped and equipment we have provided:

Birmingham Children's Hospital

- Therabite Systems

Bristol Royal Hospital for Children

- Laser Doppler

Burn Clubs & Camps Special Interest Group

- Jamboree

Chelsea & Westminster Burns Unit

- Specialist Bath and Pump
- V-pod 3d Sensory System
- Diversionary Therapy Equipment
- Nappy Changing Mat for Children's Bathroom
- Blood Pressure Dynamap Machines
- Physiotherapy Equipment, Toys, Furniture and Wall Decorations for Children's Ward and Outpatient Areas
- Audio Visual Equipment

Chelsea & Westminster Burns Family Group

- National Burns Camp

Manchester Children's Burns Camp

- Cheley Burn Camp Colorado
- Young Leader Expedition
- Purchase of laptop for group co-ordinator

Nottingham City Hospital

- Paediatric Wheelchair
- Pysiotherapy Equipment and Toys

Pinderfields Burns Club

- Transport to/from Family Weekend Camp
- Purchase of laptop for group co-ordinator

Pinderfields Hospital

- Physiotherapy Equipment and Toys for New Therapy Room
- Bean bags and floor cushions
- Purchase of a virtual reality headset

Queen Victoria Hospital, Burns Family Group

- Burns Camp CREW (Creative Recreation Educational Weekend)

Queen Victoria Hospital East Grinstead

- Paediatric Anaesthetic Transfer Monitor
- Paediatric Anaesthetic Infusion Pumps
- Portable DVD and Nintendo DS
- Toys and Specialist Play Equipment

Royal Manchester Children's Hospital

- Zimmer Electrical Dermatone
- Skin Graft Mesher
- Laser Doppler Burns Imaging System
- School Reintegration DVD
- Table Tennis Table
- Toys and Specialist Play Equipment

Royal Victoria Infirmary Newcastle

- WII Console and Games
- Toys and Specialist Play Equipment

Sheffield Children's NHS Foundation Trust

- Contribution to support occupational therapist to complete BASC camouflage training

Swansea Burns Centre, Morriston Hospital

- Distraction lights for children's outpatient dressing clinic room

Whoops Child Safety Project

- Baby and Child Lifesaving Leaflet



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Additional Material Available

We are keen to support any activities that you organise for National Burn Awareness Day on 11th October 2023.

While much of the material is already included in this toolkit, information and other activity packs are also available free of charge – many of them are available to download via forms on the Contact page on our website. If you require a resource that isn't available online, or would like to discuss printer versions or larger numbers we would be grateful if you could contact us to discuss a donation towards postage and packing.

Each pack would include:

CBT Under 5's Resource Pack

Available to download from the Children's Burns Trust website

- Burn and scald prevention guidance for Parents & Carers of the Under 5's
- National Burn Awareness Day Poster
- Case histories of burns survivors
- Case history of parent-led hot drinks pledge
- Lizzie's Accident story book

CBT Fundraising Pack

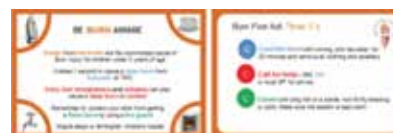
- Fundraising ideas and sponsorship information

CBT – Corporate Pack

- Commercial support, fundraising ideas, and sponsorship information

BBA Cool Call Cover – Powerpoint slides:

Available in English, Polish, Punjabi, Somali and Urdu



National Burn Awareness Day Poster and banners

- National Burn Awareness Day Poster and banners

SafeTea Resources

<https://safetea.org.uk/>



Charlie's Story

Charlie's Story is a book written, designed and produced by Charlie and his mum Michelle about an accident Charlie had at home in their kitchen when he was just 15 months old.



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Donations

The Children's Burns Trust receives no government funding and is only able to continue the work we do as a result of our own fundraising efforts and supporters. As with many charities, our income has suffered enormously in recent years. We greatly appreciate all donations – whatever the size.



Take part in STOPTEABER and raise awareness and vital funds for Children's Burns Trust

<https://justgiving.com/campaign/STOPTEABER>

Due to the ongoing cost of living crisis we are experiencing a significant drop in fundraising income. However, burn injuries involving children are still taking place. Every day. Our services are still desperately needed. Your support can help us to fulfil that need.

Donations can be made by cheque, made payable to CBT and sent to:

Children's Burns Trust
PO Box 13402, Ingatestone, CM4 9YR

via our website: <https://www.cbtrust.org.uk/donate/>

or by BACS to our Barclays Bank:

Account No 90755362
Sort Code 20-21-78

In the name of Children's Burns Trust, reference 'Donation NBAD'

Thank you in advance for your support.



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With thanks to our supporters



Communications Partner **Leigh Day Solicitors**

Leigh Day



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