

Support

Should you require on-going support following a burn injury links to support groups and charitable organisations can be accessed on the Northern Burn Care Network website:

<http://www.nbcn.nhs.uk/patients/useful-links.htm>

Alternatively please feel free to contact the Burns Unit for advice:

0151 430 1540

Lifestyles Team:

Health care outreach services for people who are in treatment for drug or alcohol problems.

Phone: **0300 300 0103**

Email: health.improvement@nhs.net

Burns Unit and Dressing Clinic: **0151 430 1540**.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Preventing burns in the future

Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Prevention of Burns and Scalds

Burns can happen to anyone but young children, older adults and people with disabilities are most at risk. Most burns happen in the home, but can also happen in the workplace.

People with epilepsy should take prescribed medication to ensure their condition is controlled.

To prevent such injuries encourage the use of:

- Coiled kettle flexes or a cordless kettle, spout filling or jug kettles (boil only sufficient water for immediate needs)
- Wall mounted heaters instead of kettles
- Try not to carry hot liquids further than necessary (rearrange tea/coffee making areas to accommodate this as required)
- Water at the point of delivery to the bath should be no more than 40°C to help prevent scalding. Stay with child at all times
- Fit a thermostatic mixing valve onto taps
- When running a bath, turn the cold water on first
- Always use rear hot plates and turn the pan handles away from the front of the cooker
- Ensure that hot water bottles are of good quality and do not show signs of wear.

Around the House

- Matches and lighters should be kept out of reach of children
- Test smoke detectors monthly
- Do not leave candles unattended
- Turn heat source off immediately if pan contents catch fire. Do not throw water onto hot fat if pan catches fire; use fire extinguisher or damp cloth until flames extinguished
- Place floor heaters at least 4 foot away from furniture, curtains and bedding.

If you smoke, do not smoke in bed or when you are sleepy or sleepy following alcohol intake.

- Make sure cigarettes are extinguished before leaving a room
- Never throw a lit cigarette into a waste bin where it could catch fire
- Develop an evacuation plan, practice with the family. Establish a meeting place outside your house.

Electrical Burns

- Check appliance leads/flex frequently to make sure not loose or frayed
- Do not overload plug sockets with extension leads
- Do not place leads/flex under floorcovering in frequently used areas, wear and tear could damage the cord and cause fire
- Do not use electrical appliances in or near showers or baths
- Halogen light bulbs emit intense heat and can stay hot long after they have been turned off.

Summer Safety

- Sunburn can occur in as little as 15 minutes even on a summer's day in UK
- Always wear sunscreen (minimum factor 30 reapplied every 2 hours) when outside in the summer months
- You can still get sunburn on a cloudy day
- Following a burn injury, it is recommended that you fully protect yourself from the sun for 2 summers or 2 years, as new skin, including skin grafts and donor sites will blister and burn more easily
- Do not use petrol or other flammable liquids to light a barbecue
- Do not leave a barbecue unattended when in use or when cooling down following use.