

# TRAUMA INJURY PREVENTION PROGRAM PREVENTION OF BURNS

**"Touching lives every step of the way"**



**Developed by:**  
**RC Grobler & A Klette on behalf of**  
**Netcare Milpark and Netcare Union Hospitals**  
**Level I Trauma Centres**



## NETCARE TRAUMA INJURY PREVENTION PROGRAM - PREVENTION OF BURNS AND FIRE SAFETY

Netcare and The Glen Shopping Centre is partnering in presenting a Trauma Injury Prevention Program. We want to teach children about the prevention of burns and fire safety.

Most burns to children and female adults occur in the domestic environment. The most common place where children get burnt is the kitchen with items containing hot liquids. Women are injured in the kitchen by hot cooking oil or stove explosions. Men are more at risk for burns in the workplace due to fire and flames, scalds, chemical burns and electrical burns.

Burns in children ages 0-6 occur from a mixture of curiosity and awkwardness. In children younger than 4 years, the level of development does not match the child's level of sense and intellectual development. Infants under the age of 1 year are particularly vulnerable as their mobility starts to develop and they reach out to touch objects.

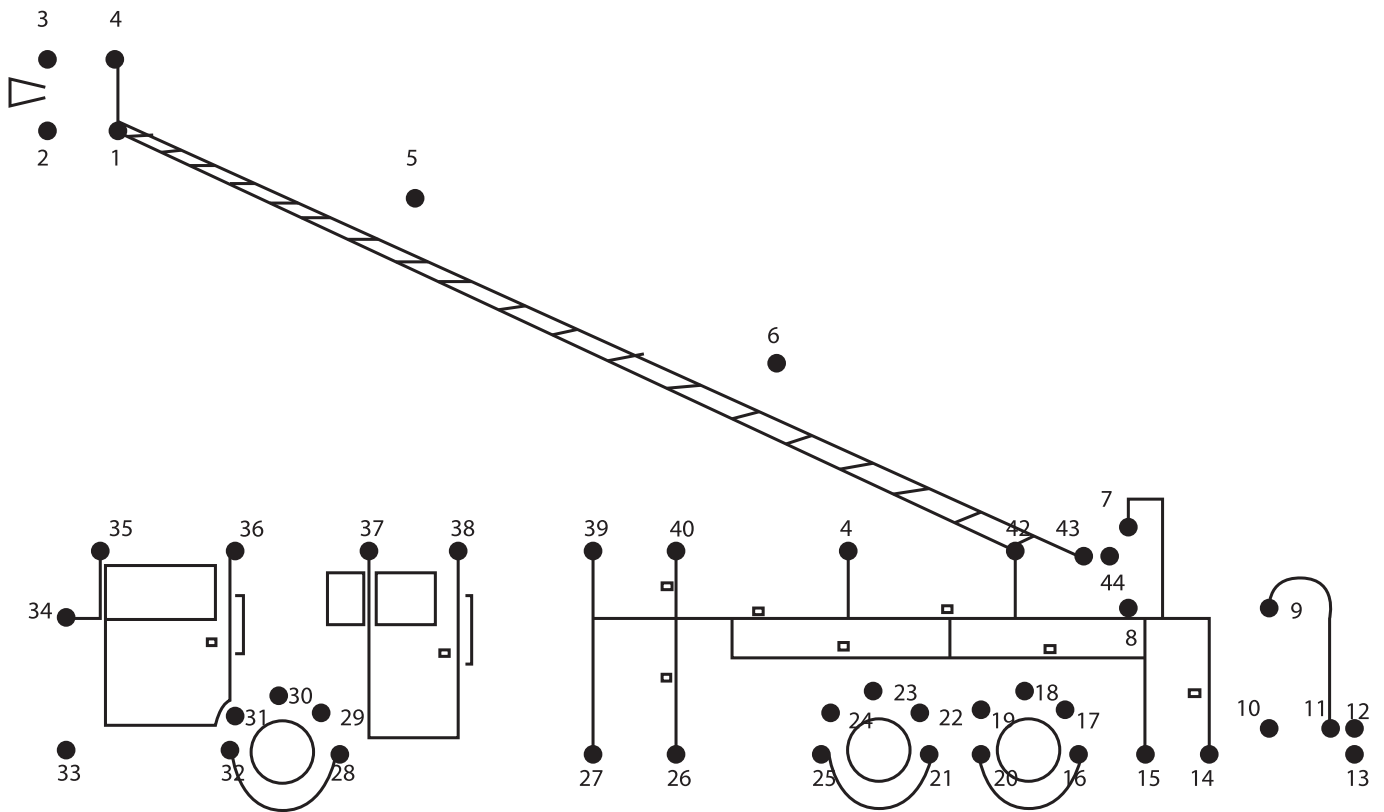
We would like to teach children the following:

- Prevention of fire burns
- Prevention of scald burns
- Fireworks rules
- Fire safety
- What to do if your house is on fire
- Care of burns

For further information please visit [www.theglenshopping.co.za](http://www.theglenshopping.co.za) or send an e-mail to [Injury.Prevention@netcare.co.za](mailto:Injury.Prevention@netcare.co.za)



# Connect the dots!



# PREVENTION OF FIRE BURNS

Enclose open fires and limit the height of open flames in homes.

Use safer stoves and less hazardous fuels.

Keep candles, matches and lighters away from children – they are a constant source of fascination, but not a good combination.

Oil lamps look great, but oil may be confused for juice and consumed by young children, which can cause severe respiratory problems.

Fireplace screens and glass fireplace doors can get really hot (more than 1,000 degrees!). You may need to add a screen to block a fireplace to prevent curious little ones from getting hurt.

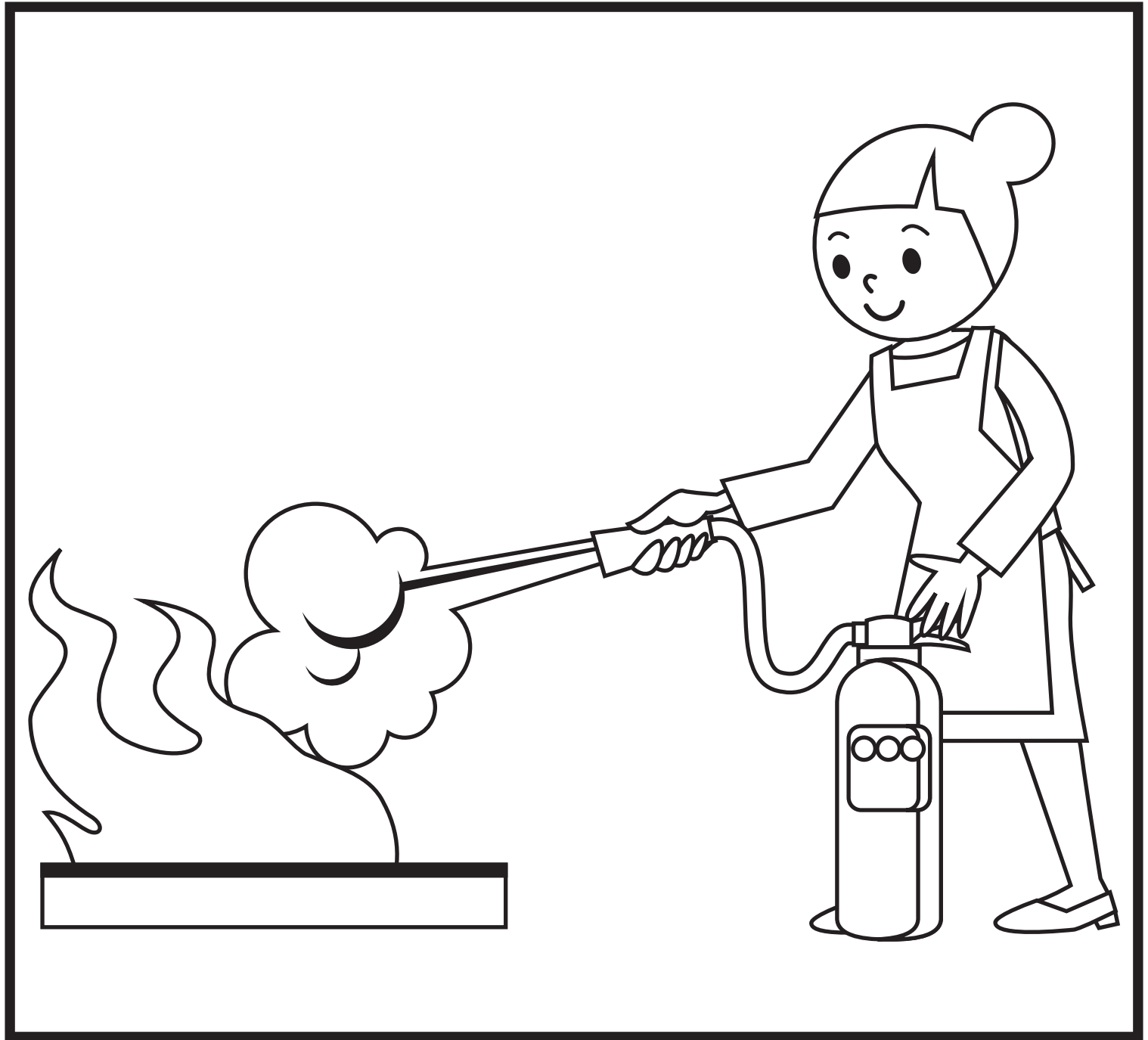
Lighting charcoal briquettes or a wooden fire should always be done with caution. Some briquettes are pre-treated in the manufacturing process so that when you put a match to them, they will light immediately and the briquettes will begin to burn.

Light the briquettes from the bottom of the grill if possible, as the flames will move upward when it lights and this prevents your hand being near the fire. Do not spray lighter fluid on already burning coals, especially if there is an active flame.

Many burn injuries are caused by hot coals or fires. The hot coals have a grey appearance and may not look hot. These coals have been shown to still be very hot more than 18 hours after being buried in the ground.



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# BUILDING A FIRE

Build a fire a safe distance away from tents, bedding, people, wood, vegetation and other things that can burn.

Never start a fire in strong winds.

Never use flammable liquids to start or fuel a fire.

Never leave young children alone with a fire.

Never leave a fire unattended. A small breeze and a spark can quickly cause the fire to spread.

Keep a bucket of water or sand nearby to put out the fire if it burns out of control.

Put out the fire before you leave and before you go to sleep.



# find the words!

Y	T	E	F	A	S	U	E	E
C	E	Y	T	L	M	C	P	P
N	B	R	T	A	O	R	R	A
E	R	E	C	R	K	B	A	C
G	E	T	I	M	E	R	C	S
R	S	T	N	A	L	P	T	E
E	C	A	L	P	E	R	I	F
M	U	B	L	W	A	R	C	C
E	E	I	O	U	T	L	E	T

ALARM

FIREPLACE

PLAN

BATTERY

PRACTICE

RESCUE

CRAWL

OUTLET

SAFETY

ESCAPE

EMERGENCY

SMOKE



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# PREVENTION OF SCALD BURNS

Lower the temperature in hot water taps.

When filling the bathtub, turn on cold water first. Mix in warmer water carefully. Check the water temperature by rapidly moving your hand through the water. If the water feels hot to an adult, it is too hot for a child.

Always supervise children in the kitchen and dining areas.

Keep pot handles turned inward; use oven mitts or pot holders. Keep clothing from coming into contact with flames or heating elements.

Keep children away from everything that is hot.

Follow instructions and cautions when heating items in a microwave oven.

Do not use deep fryers with children present.





# Colour in!



# FIREWORKS RULES AND SAFETY

Fireworks pose a significant risk for children, particularly adolescent boys.

There are only 11 days annually when residents are allowed to “light or ignite” fireworks.

Guy Fawkes and Divali are such days. (R 500 fine on other days).

Except for New Year’s Eve, the only permissible time period for igniting fireworks on these days is between 19h00 and 22h00 (7 to 10 pm). (R 500 fine at any other time).

No person may light or ignite fireworks in any place where animals are present (R 1 000 fine). This includes domestic homes.

No person may allow any minor (child) under his or her supervision to “use, light or ignite” fireworks (R 1 500 fine). No exceptions to this rule.



# FIRE SAFETY



**STOP** – Do not run!



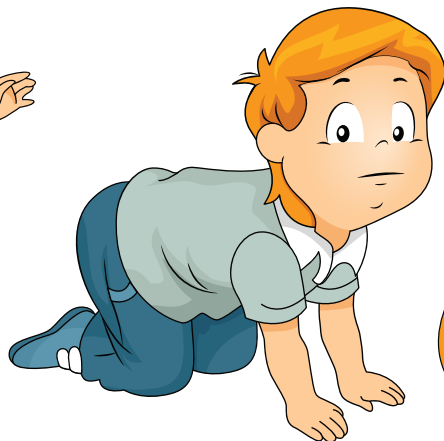
**DROP** – Lie immediately flat on the ground and cover your face with your hands to protect yourself from the smoke and flames



**ROLL** – Keep rolling over until all the flames have been put out.



## STOP



## DROP



## ROLL

Ensure that everyone in your house, especially children know what a smoke alarm sounds like.

Plan your escape: Most house fires start at night when the family is sleeping. So it is important for families to plan their escape route.



# IN CASE OF A HOUSE FIRE

Get out and stay outside: There isn't time to save personal belongings. Only call for help when everyone is safely out of the building.

Crawl low under the smoke and keep on moving. Smoke rises and fills a room from the top down. Getting low under the smoke allows people to breathe clean air and get out safely. Fire deaths can be caused by the smoke and toxic gases produced as a fire develops and spreads.

Cover your mouth and nose. A moist towel is best, but a t-shirt or any cloth within reach can protect lungs from dangerous fumes.

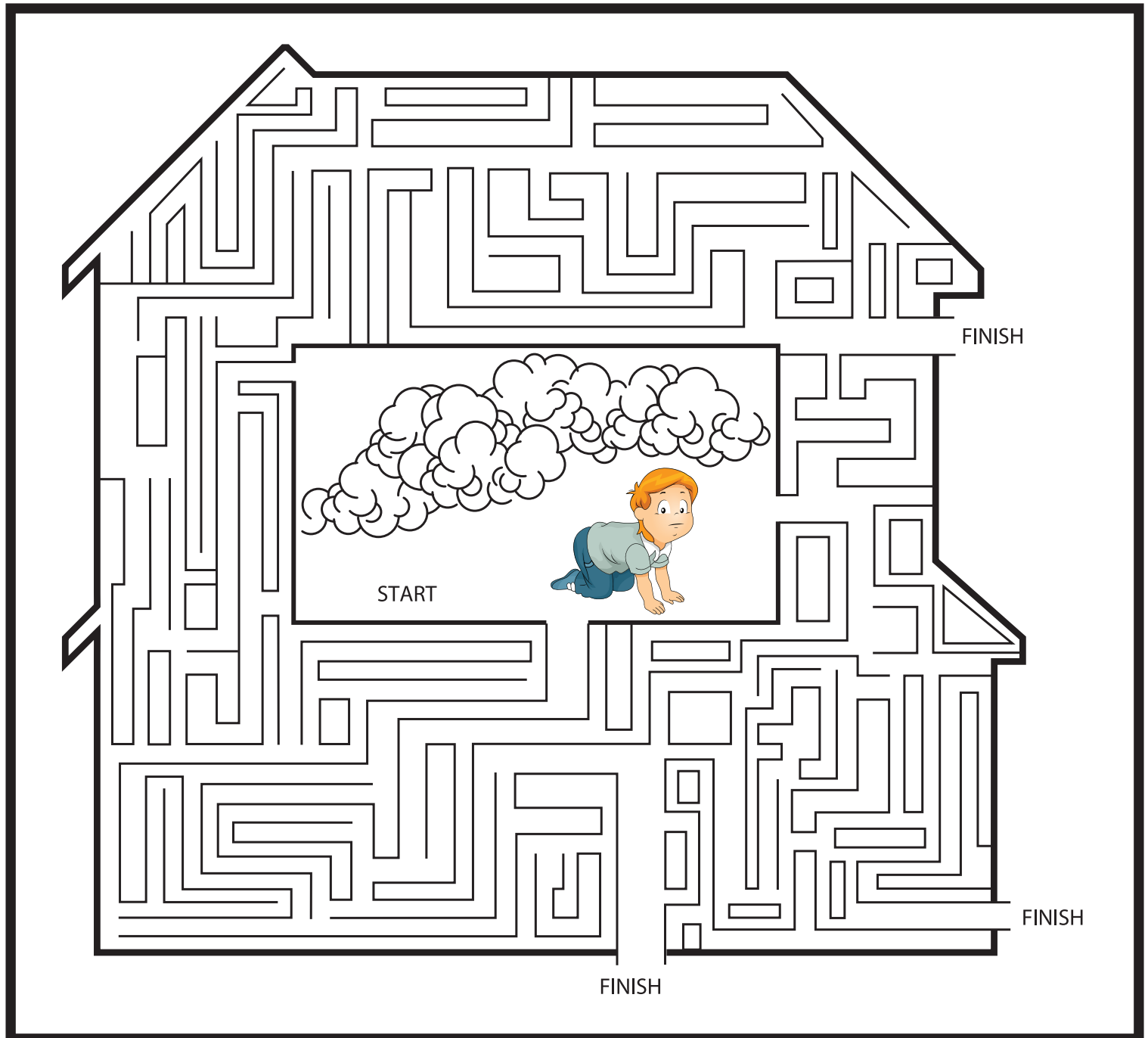
Touch doors before opening them. If the door is hot, you should use an alternative exit.

Never go back into a burning building.

A call to **082 911** should be placed after leaving the premises.



# Help Timmy out the house!



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# MANAGEMENT OF BURNS



- Do not commence with first aid or any other treatment / management before you have ensured your own safety
- Do not apply paste, oil or even raw carrots to the burnt area.
- Do not apply ice.
- Do not open the blisters.
- Do not apply any material directly onto the wounds as this increases the risk for infection.
- Do not apply topical medication until the patient has been placed under appropriate medical care.



- Call **082 911**
- Stop the burning process by removing the clothing.
- A burn wound should be cooled down fast!
- Extinguish flames by allowing the patient to roll on the ground or by applying a blanket, or using water.
- Remove or dilute chemical agents (chemical burns) by copiously irrigating the wound with water.
- Always use cool (room temperature), running water for at least 20 minutes or until you can get medical assistance.
- Only immerse the burnt area in cool water. Keep the rest of the body warm to prevent hypothermia or shock.
- Remove jewellery and loose clothing if possible.
- Keep cooking areas free of flammable objects.
- Keep all matches and lighters out of reach of children. Store them up high, preferably in a locked cabinet.
- Devise a family fire escape plan and practice it every 6 months.



**ALWAYS REMEMBER TO CALL**

**NETCARE 082 911**



**24HR EMERGENCY MEDICAL ASSISTANCE**



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# Colour in

