



Burn Awareness Week February 5-11, 2023

Teacher Information

For educators everywhere, Burn Awareness Week is an important opportunity to teach school aged children how to prevent devastating burn and scald injuries. Thank you for being part of the FNESS team by bringing this important information to your students and their families.

This years' Poster Contest is a great way for students to learn about burn and scald prevention through a fun art project. The Contest is open to all students, in all grades, and we can't wait to see what they create! Poster Contest details are outlined in the *Poster Contest Information Sheet* provided.

Facts About Burns

- Most burns associated with cooking were caused by contact with hot objects or liquids rather than by fire or flame.
- Burns can happen at any age, but young children and Elders are at higher risk.
- Children's and Elders' skin burns more quickly and deeply than adults.
- Each year thousands of children in Canada visit hospital emergency rooms for burns and many are hospitalized because of these injuries.

Burn Prevention Tips & Poster Starters

- **Hot liquids.** Avoid carrying hot liquids and take care while drinking them. Protect young children by placing hot liquids and food away from the counter or table's edge. Never carry hot food or liquids while holding a child.
- **Hot tap water.** Tap water causes nearly one-third of all scald burns requiring hospitalization. Set hot water temperatures no higher than 49 C (120 F) and test water before placing a child in the bath/shower. Supervise children whenever they have access to hot water.
- **While cooking.** Always supervise children in the kitchen. Have a 3-foot (1 metre) *child free zone* around the stove and any areas where hot food or drinks are prepared. Adults should turn pot handles to the back of the stove or use back burners.
- **Micro-waved foods.** Burns from steam can be very painful. Open lids of microwaved food slowly, and away from the face and arms.

Burn Treatment

1. **Remove** all clothing from the injured area if possible.
2. **Cool** the burn with COOL (not cold) water to stop the burning process for 10 – 15 min.
3. **Cover** the area with a clean dry bandage.
4. **Seek** medical attention if necessary.

Parent/Caregiver Handout

Let's educate parents, caregivers and Elders too!
Please send home with students the *Burn Awareness Education Poster* provided.