

Learn don't burn



Hot surface burns



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If you do not speak English, request an interpreter from SA Health and the department will make every effort to provide you with an interpreter in your language.



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Hot surfaces and objects outside can heat up and retain the heat during hot weather.

This includes surfaces and objects such as play ground equipment, paving, metal grates and seat belts.

Young children can receive serious burns to the soles of their feet if they step on these surfaces without shoes on.

They can also receive burns to the palms of their hands if they fall over and land on their hands.

Young children have thinner and more sensitive skin than adults.

Their reaction time is also slower, causing more exposure and damage to the skin.

How can I reduce the risk of my child being burned?

- > Beware of the risks.
- > Always ensure your child has shoes on when outside during hot weather.
- > Avoid going outside during the hottest part of the day – 11am to 4pm (DST).
- > Closely supervise young toddlers when outside.

First aid for all burn injuries

- > Remove any clothing and jewellery. Clothes hold in the heat and can make a burn worse.
- > Never use ice, butter, toothpaste or creams.
- > Apply 20 minutes of cool running water.
- > Cover with a clean cloth or clean plastic cling wrap (do not use cling wrap for the face).
- > Seek medical advice if the skin is broken or the burn area is larger than a 20 cent piece.

Where can I get more information?

SA Health

Women's and Children's Hospital Burns Service
Phone (08) 8161 7000

Royal Adelaide Hospital Burns Unit
Phone (08) 8222 4000

Parent Helpline (24 hr service)
Phone 1300 364 100

Search for 'burns' on these websites:

- > www.wch.sa.gov.au
- > www.cyh.com

Kidsafe SA

Phone (08) 8161 6318