



## Ambulance Service of New South Wales

media release

**17 July 2007**

### **Prevent Winter Burns**

Ambulance officers are urging people to stay warm and safe during the current record-breaking cold snap.

Heaters and hot drinks are the order of the day, however, Ambulance officers are appealing to people to take care and avoid burns.

**Common causes** of burns include:

- Touching hot heaters. Children are particularly at risk.
- Loose clothing catching alight when brushed against a heater or flame.
- Burns from hot water bottles.
- House fires caused by unattended heaters and fires.
- Scalds from spilt hot drinks or hot food (e.g., soups and noodles taken straight out of the microwave).

Ambulance officers offer the following **safety tips** to stay safe this winter.

- Hot water bottles should never be filled with boiling water as this can weaken the material and cause the bottle to burst.
- Install fire guards on all open fires, and completely extinguish flames before going to bed or leaving the house.
- Never leave fires or heaters unattended, especially when children are around.
- Have fire extinguishers and fire blankets easily accessible in the house, and know how to use them.
- Dress children in garments that are specifically marked "low fire danger". Avoid loose fitting clothing.
- Teach children fire safety from an early age, including an evacuation plan. Practise these principles with your children regularly.
- Keep hot liquids out of reach of children, and ensure that kettle cords and saucepan handles are kept tucked in, out of reach.



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- Ensure that appliances are switched off after use.

Should you become a victim, **early first aid** reduces the severity of burns.

- **Call Triple Zero immediately and ask for Ambulance.**
- Extinguish flames. If clothes are alight, roll on the ground to smother the flames.
- Cool burns with plenty of running water.
- Remove rings and jewellery from the burn area before swelling starts.
- DO NOT apply creams or lotions.

~ ENDS ~

For further information or local media opportunities please contact Ambulance Media on (02) 9320-7796.