



National Burn Awareness Day 2019

TOOLKIT



16TH OCTOBER 2019

#BeBurnsAware #SafeTea



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Prevention and good first aid are key to reducing the number of burns and scalds occurring in the UK every single day.

Thank you for supporting National Burn Awareness Day 2019.

A burn injury is for life. The scars are physical as well as psychological, and can present life-long challenges for the individual and their families.

What many people don't know is that children and the elderly are the most vulnerable, and the majority of injuries occur as a result of an accident that could so easily have been prevented.

On this year's National Burn Awareness Day we are supporting the SafeTea Campaign which aims to prevent serious burns (scalds) from mugs of hot tea or coffee, and to ensure that parents/carers know how to give burns first aid.



"In my role as Chair of the National Fire Chiefs Council (NFCC) and Trustee of the Children's Burns Trust, I give my wholehearted support to National Burn Awareness Day 2019. The day has proven to be a highly important fixture in the burn awareness calendar, highlighting the main causes of burns and scalds and showing that the majority of accidents are avoidable. My colleagues across the Fire Service have always shown their support on this day, and I'm looking forward to seeing the different awareness events that will be taking place up and down the country again this year."

Roy Wilsher, Chair of the National Fire Chiefs Council

"Supporting National Burn Awareness Day is very important to the work of the Fire Kills Campaign and Fire and Rescue Services."

The Home Office's Fire Kills Campaign



www.cbtrust.org.uk



www.britishburnassociation.org



www.safetea.org.uk

COOL the burn with running tap water, **CALL** for help, **COVER** with cling film



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Get Involved!

This toolkit has been designed to provide you with information to help you support National Burn Awareness Day 2019 and the SafeTea campaign. **The impact of your involvement across the country will help to:**

- **Raise the awareness of the shocking number of people burned each and every day – the vast majority of which are preventable;**
- **Promote good first aid.**

Downloadable resources

We have put together a selection of digital resources to help you support National Burn Awareness Day 2019. **The following assets are available to download at:**

<https://www.cbtrust.org.uk/national-burn-awareness-day>

- Posters - print these out, send them to your own contacts, share them with your staff...blue-tac at the ready.
- Website banners - add these to the homepage on your website, send them to your contacts. The power of online is crucial.
- Social media banners - for use on Twitter, Facebook and Instagram. Make these your profile artwork and use the assets alongside your posts and updates about National Burn Awareness Day.
- Email signature - add this to your email footer, ensuring everyone you communicate with hears about National Burn Awareness Day 2019.

Visit www.SafeTea.org.uk and see how you can get involved!

Suggested Activities

- Information stands, both in hospitals and the community
- School visits, run by members of burns teams, child safeguarding agencies & healthcare professionals
- Activities organised and posters displayed at children's centres and GP surgeries
- Workplace activities, raising awareness and fundraising for burn charities
- Social media activity, using the hashtag #BeBurnsAware and #SafeTea
- National & local TV and radio interviews
- Press articles
- Fire & Rescue Service & St John's Ambulance involvement at events
- Burns related First Aid training
- Local councils and schools sharing details of the day to parents and residents



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"Our research has shown us that scalds from hot drinks are the most common burn injury to children, which mostly affects young children between 8 and 18 months of age. An estimated 30 children attend hospital every day in the UK for treatment of a hot drink scald. These injuries are preventable.

We have also identified that only 1 in 4 children attending hospital with burns have been given adequate first aid in the home. These two pieces of research have led to the design of the SafeTea campaign."

Prof Alison Kemp, Cardiff University



"The SafeTea campaign will be launched on National Burns Awareness Day 2019. SafeTea aims to reduce hot drink scalds to young children and improve the quality of burn first aid given to children. SafeTea will be promoted on social media to parents of young children and professionals who work with young children. The SafeTea website includes information, activities, videos and SafeTea resources.

Please visit www.safetea.org.uk and find out how to get involved."

Prof Alan Emond, University of Bristol



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Website and Social Media

The Children's Burns Trust and SafeTea website has many pages and resources that are extremely useful for National Burn Awareness Day, please feel free to link to these from your own website.

Page

Information about National Burn Awareness Day

SafeTea

Facts and Figures to support National Burn Awareness Day (annual & monthly)

Learning Zone with access to FREE resources for Early Years, Key Stages 1 – 4 and parents, carers and professionals

First Aid

Case Studies

URL

<https://www.cbtrust.org.uk/national-burn-awareness-day>

<https://www.safetea.org.uk>

<https://www.cbtrust.org.uk/infographics/2018>

<https://www.cbtrust.org.uk/learning-zone>

<https://www.cbtrust.org.uk/burn-prevention/first-aid>

<https://www.cbtrust.org.uk/category/burn-survivors>

Social Media

Twitter: @CBTofficial

Twitter: @BritishBurn

Twitter: @SafeTeaCampaign

Facebook: @childrensburnstrust

Facebook: @SafeTeaCampaign

LinkedIn: @childrensburnstrust

Instagram: @ChildrensBurnsTrust

Instagram: @SafeTeaCampaign

*Be sure to follow us,
and get stuck in!*

Whether re-tweeting or liking
Children's Burn Trust posts,
or sharing your own.



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Social Media

The @CBTofficial Twitter account will be tweeting in the weeks prior to and on National Burn Awareness Day. Please consider re-tweeting us, or let us know if you are publicising your events so we can organise a re-tweet or post about your event. The Children's Burns Trust Facebook page will also have posts in the weeks leading up to the event and on the day, please feel free to share posts with your own network and also post about National Burn Awareness Day.

If you quote us in the Facebook post we can also share the activity, raising more awareness: [@childrensburnstrust](https://www.facebook.com/childrensburnstrust)

You could also link to the website page:
<https://www.cbtrust.org.uk/national-burn-awareness-day/>
from your Facebook account.

Suggested Social Posts

(But do please feel free to make up your own!)

- *We are supporting National Burn Awareness Day 2019 on the 16th October. Are you?*
<https://www.cbtrust.org.uk/national-burn-awareness-day/> #BeBurnsAware #SafeTea
- *We are supporting the #SafeTea campaign on National Burn Awareness Day 2019. Visit <https://www.SafeTea.org.uk> to get involved* #BeBurnsAware #SafeTea
- *Children and the elderly are especially vulnerable to burns and scalds*
#BeBurnsAware <https://bit.ly/1ufnLE1>
- *On National Burn Awareness Day could you pledge just £2 to help support our work? Visit the @CBTofficial @JustGiving page to find out how this small donation can help children and families in 2019* <https://www.justgiving.com/cfbt>



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Suggested Social Posts (...continued)

Statistics:

- 30 babies and toddlers go to the hospital with a hot drink burn every day. Keep hot drinks out of reach. <https://www.SafeTea.org.uk> #BeBurnsAware #SafeTea
- 60% of all under 3 paediatric burn attendances to Accident & Emergency Departments are due to hot drink burns. Keep hot drinks out of reach. <https://www.SafeTea.org.uk> #BeBurnsAware #SafeTea
- 590 children a month require admission to an NHS Burns Service following a severe burn or scald injury. #BeBurnsAware <https://www.cbtrust.org.uk/national-burn-awareness-day/>
- 4,609 children under 5 were so badly burnt they were admitted to a NHS specialist burns service in 2018—over 12 toddlers every day #BeBurnsAware <https://www.cbtrust.org.uk>
- The most common place of injury is the home for children and the elderly. For adults, it's the workplace #BeBurnsAware
- Did you know hot drinks are the most common cause of burns in children? Something as common as a tea or coffee can have devastating effects <https://www.SafeTea.org.uk> #BeBurnsAware #SafeTea
- Prevention & good first aid are key to reducing the number of burns and scalds occurring each year #CoolCallCover #BeBurnsAware <http://bit.ly/1ufnLE1>
- Irons & Hair Straighteners take longer than you think to cool down - 662+ children (0-14 yrs) in 2018 were treated for burns from them <https://www.cbtrust.org.uk/hair-straighteners-2/>



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"It is very exciting to see the launch of the SafeTea campaign on this year's National Burn Awareness Day. This campaign will play a key role in educating the public about the life changing injury that a simple, preventable accident involving a hot drink can lead to."

Amanda Redman, Actor, MBE, Patron, Children's Burns Trust

.....

While hot drink scalds to young children are a major focus for our prevention messages this year, it is also important to remember the many and varied causes of burn injury to people of all ages. Raising the awareness of the dangers of hot liquids or metals, fire and electricity is crucial to be able to decrease the number of people requiring hospital treatment."

Vicky Dudman, Chair, British Burn Association Prevention Committee.

.....

"This year the National Burn Awareness day is appropriately concentrating on the scourge of scald injuries caused to young children by hot beverages and food. The fact that half of the workload of burn care services across the country is from these types of injury amongst children under 5 years old should be a source of national concern which needs to be brought to everyone's attention. This year we are introducing one method for preventing such injuries with the Safe Tea campaign."

Ken Dunn, Consultant Burn & Plastic Surgeon, Director int. Burn Injury Database.

.....

"Serious burns cause life-changing injuries. For a baby or toddler, an accident with a simple mug of tea can cause deep burns and disfiguring scars. That's why we're passionate supporters of National Burn Awareness Day and the Safe Tea Campaign, helping to share practical advice on burn prevention and first aid with communities UK-wide."

Katrina Phillips, Chief Executive, Child Accident Prevention Trust.



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First Aid

Good first aid following a burn or scald can make an enormous difference in recovery times and the severity of scarring.

Two important things to remember are:



COOL, CALL, COVER

FIRST AID ADVICE FROM THE BRITISH BURN ASSOCIATION

1. Cool the burn with running cold tap water for 20 minutes and remove all clothing and jewellery (unless it is melted or firmly stuck to the wound)
2. Call for help for any burn larger than a 50p coin – 999, 111 or local GP for advice
3. Cover with cling film or a sterile, non-fluffy dressing or cloth.
Make sure the patient is kept warm

STOP, DROP, ROLL

“Stop, drop and roll” is used when clothing catches fire. Children can get confused about when to stop, drop and roll. It is important to know when to do this. Children who do not have a good understanding of stop, drop and roll will sometimes do this if they burn a finger or need to get outside if the smoke alarm sounds.

Only use stop, drop and roll when clothing catches fire.



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Safety Guidance in the Home

A burn injury is for life. Being burned or scalded can mean years of painful treatment and, in the worst cases, hundreds of operations to release the scar tissue.

DO

- ✓ Install smoke alarms on each floor and test regularly
- ✓ Keep hot drinks out of reach of babies and young children
- ✓ Make and practice Fire Escape Plans with the whole family
- ✓ Run COLD water first in the bath or sink before adding hot water – test the temperature
- ✓ Install thermostatic mixing valves in all hot water outlets
- ✓ Keep saucepans at the back of the stove NOT near the front – turn handles to the back
- ✓ Keep kettles, irons, hair straighteners or wires out of reach
- ✓ Keep secure fire screens in front of open fires, heaters & radiators
- ✓ Store matches and lighters out of reach
- ✓ Store chemicals, cleaners and acids out of reach

DON'T

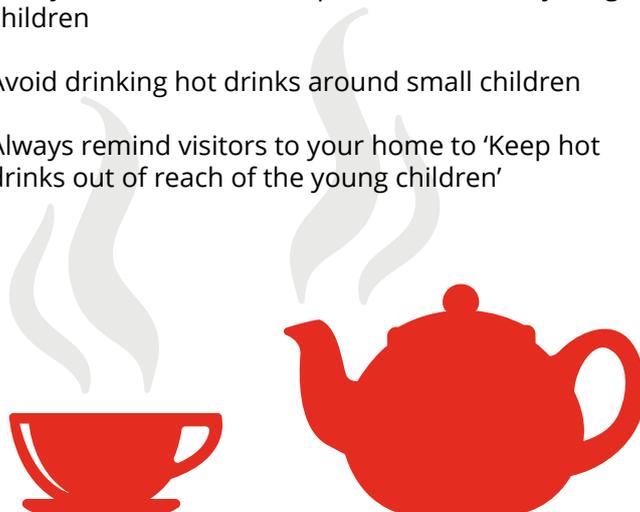
- ✗ Drink hot drinks while nursing/holding a baby or child
- ✗ Put a baby or child into a bath or sink until the water has been tested
- ✗ Warm baby bottles in the microwaves
- ✗ Leave hair straighteners unattended
- ✗ Allow children near BBQs or garden chemicals
- ✗ Allow children near fireworks
- ✗ Leave children unattended in the kitchen, bathroom or near fires and heaters

Prevention of hot drink burns is easy using simple SafeTea rules:

- Keep hot drinks out of reach of young children
- Never carry a hot drink whilst carrying a baby
- Never pass a hot drink over the heads of young children

Ways to keep hot drinks away from children:

- Place hot drinks at the back of the kitchen surface
- Don't place a hot drink on a table cloth or cloth that hangs down so that a small child can reach and pull it down
- Make a safe place... a SafeTea zone for hot drinks... in your home where you and members of the family and visitors can keep hot drinks from young children
- Avoid drinking hot drinks around small children
- Always remind visitors to your home to 'Keep hot drinks out of reach of the young children'





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Activity Suggestions and Ideas

Below are some ideas for activities that you could carry out on or around National Burn Awareness Day. Many are based on successful events that burns services and individuals held in previous years. You could hold a big event, in partnership with your local Fire & Rescue Service and other stakeholders, or run a small event with the support of a few friends, for example:

- **Use the Downloadable Resources**

We have put together a selection of downloadable digital resources to help you support National Burn Awareness Day 2019. These are available to download here:

<https://www.cbtrust.org.uk/national-burn-awareness-day>

- **Active on Social Media**

Twitter: @CBTofficial

Facebook: @childrensburnstrust

Instagram: @childrensburnstrust

Be sure to follow us, and get stuck in! Whether re-tweeting or liking Children's Burns Trust posts, or sharing your own, see suggested posts in this Toolkit (P6 & P7).

- **Working with your Fire and Rescue Service**

Mother and Toddler Groups, Nurseries, Children's Centres could join forces with their local Fire & Rescue Service – either visit the Fire Station or invite them to bring a Fire Engine to your premises. Get the parents and carers along, while the children enjoy playing on a fire engine, the adults can look at fire safety and burn prevention.

- **NHS Services Information and Awareness Raising Stand**

Take a look at the Hospital Event Planner downloadable resource, which is available with the other resources on our NBAD web page here:

<https://www.cbtrust.org.uk/national-burn-awareness-day>

Set up a stand in your reception area, or local shopping area. Display posters, use national and local statistics, activities, leaflets etc. Have a comments board/book to gather feedback. Contact local radio and press. Ask your communications department to highlight the day, and to tweet / post on Facebook. Again, see if you can join forces with your local Fire & Rescue Service.

- **Visit Local Schools**

Give an assembly on burn prevention/first aid.

- **Request the Support of your Local Council**

Ask them to advertise the day, i.e.: that details of the day be cascaded to parents through school email circulars.

- **Iced Coffee Morning**

Invite friends for iced coffee or tea, while you enjoy sharing home baked cakes & cookies: *Highlight the number of small children scalded by hot drinks. Borrow a child's doll – dress it in a white baby grow – pour half a cup of blackcurrant squash over it and then look at the downloadable resource for a parent-led hot drinks pledge*

<https://www.cbtrust.org.uk/national-burn-awareness-day>

- **Other ideas?**

This list is by no means prescriptive – if you have other ideas for events, please do go ahead and hold them.

.... And don't forget, after 16th October we'd love to hear what you did and how it went



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Spreading the Word

How often has a friend, family member or colleague told you that they were burned or scalded – or that they know of someone who was?

We need to make sure that the people who can help spread the word are kept in the loop, so they can help share information in the best way possible to raise awareness. Identify the people you know who are most likely to be able to help you to publicise your participation in National Burn Awareness Day 2019 and enlist their knowledge and experience to help you.

- If you intend to tweet in the lead up to or on National Burn Awareness Day, then please mention @CBTofficial and @SafeTeaCampaign, and the hashtags #BeBurnsAware, #SafeTea or #CoolCallCover.

We will be asking for retweets from national organisations, MPs and celebrities during the week. Please consider asking your local MP to tweet/retweet, and if you have developed a relationship within an organisation or well-known figure who you will be asking to retweet about your activities, please let us know so that we can retweet their support.

- Although we are raising awareness of National Burn Awareness Day among our supporters

and stakeholders, it's your event and, as such, we encourage you to undertake your own local media activity. If you manage to secure any regional TV/press coverage, we would very much like to hear about it.

- Reference in your communications to your involvement in a nationwide day, in collaboration with partners and supporters across the country, will help reinforce the scale of our joint endeavours.
- Core text for a news release, briefing or newsletter article is provided in this Toolkit. We will be partially evaluating the success of the day by monitoring the amount of media coverage generated – so any publicity you secure will count.





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Useful Links

- **British Burn Association**
www.britishburnassociation.org
A non-profit charity concerned with all aspects of burn care
 - **Bathroom Manufacturers Association Hot Water Burns Like Fire**
www.hotwaterburns.org
The campaign to stop scalding by hot water from your taps and shower.
 - **Changing Faces**
www.changingfaces.org.uk
[@FaceEquality](https://www.facebook.com/FaceEquality)
Aiming to create an enlightened society, which fully accepts and values people who have a disfigurement.
 - **Child Accident Prevention Trust**
www.capt.org.uk
[@CAPTcharity](https://www.facebook.com/CAPTcharity)
Committed to reducing the number of children and young people killed, disabled or seriously injured in accidents.
 - **Children's Burns Trust**
<https://www.cbtrust.org.uk>
[@CBTofficial](https://www.facebook.com/CBTofficial)
Providing rehabilitation support for burned and scald injured children and their families, as well as prevention and awareness campaigns.
 - **Dan's Fund for Burns**
www.dansfundforburns.org
[@DansFund4Burns](https://www.facebook.com/DansFund4Burns)
Practical help for adult burns survivors.
 - **Electrical Safety First**
www.electricalsafetyfirst.org.uk
[@ElecSafetyFirst](https://www.facebook.com/ElecSafetyFirst)
Ensuring that everyone in the UK understands the importance of electrical safety.
 - **First Aid: NHS Choices**
www.nhs.uk/Conditions/Burns-and-scalds/Pages/Treatment.aspx
 - **National Fire Safety Campaign**
<https://firesafety.campaign.gov.uk/>
The Government's campaign to help prevent accidental domestic fires and consequent injury or loss of life through raising awareness of fire safety.
 - **Katie Piper Foundation**
<https://katiepiperfoundation.org.uk>
[@KPFfoundation](https://www.facebook.com/KPFfoundation)
Making it easier to live with burns and scars.
 - **National Fire Chiefs Council**
<https://www.nationalfirechiefs.org.uk>
FireChiefs@NFCC
The professional voice of the UK Fire & Rescue Service
 - **RoSPA - The Royal Society for the Prevention of Accidents**
<http://www.rospa.com>
[@RoSPA](https://www.facebook.com/RoSPA)
Actively involved in the promotion of safety and the prevention of accidents in all areas of life.
- SafeTea Campaign**
<http://www.safetea.org.uk>
[@SafeTeaCampaign](https://www.facebook.com/SafeTeaCampaign)



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Real Life Case Studies

CHILD BURN > HOT DRINK SPILL

Laura & Archie's Story

Laura Chambers saved her 20 month old son from lifelong scarring when her first aid knowledge was put to the test whilst on holiday. Luckily, Laura had attended a Mini First Aid class two weeks beforehand, during which she learned how to treat burns. Laura tells her own story.

"We were in a cafe when Archie accidentally knocked over a cup of coffee over and it scalded his legs. I think having recently attended the Mini First Aid class helped me to stay calm. I ran quickly with Archie to the bathroom where I ran his legs under cold water straightaway.

I had learned during the class that in the case of a severe burn, clothes can stick to it so I ran Archie's legs under the cold water before trying to remove his trousers. Thankfully, his trousers had protected most of his legs. His ankles had been exposed however and appeared red and swollen, so I kept them under water for about twenty minutes.

It was really scary as Archie was screaming and being sick due to the pain. I definitely would have panicked and looked for someone to help me if I had not attended the Mini First Aid class, but my knowledge just kicked in and I was able to stay calm and comfort Archie.

My partner Sam had gone to get the car to take Archie to hospital and when he returned, I stopped running Archie's legs under the tap and applied burn gel which we had thankfully brought with us in our Mini First Aid kit. During the class, I had learned that it is important to protect the burn so asked the café staff for clingfilm which I then wrapped around the affected area.



I cannot tell you how long that 40 minute car journey felt. Miraculously, I still remained calm. My main priority was soothing Archie and stopping him from touching his legs.

Staff at the hospital said that I had done all the right things and had helped prevent Archie's legs from scarring. By keeping his ankles under the cold water for 20 minutes, I had helped to make sure the burn had not gone into the deeper layers of his skin. The burn covered a 5cm diameter on both ankles. Hospital staff bandaged Archie's ankles and we had to return to hospital every 48 hours to check the wound.

A week later, Archie's bandages were removed and he has healed really well. Thankfully, his skin now looks completely normal.

I am extremely glad I did the Mini First Aid class and don't like to think what would have been the outcome if I had not done it. I had always wanted to do a first aid class but many were too expensive. It cost me £20 to do the two hour Mini First Aid class at my local church and I would urge every parent to do the same."



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Real Life Case Studies

CHILD BURN > HOT DRINK SPILL

Arthur's Story

In April this year, aged 2 years 9 months, Arthur was playing in the garden with his sister. His mum had made a pot of coffee and put it at the back of the worktop in the kitchen. In the blink of an eye he had come back into the kitchen, climbed onto the worktop and spilled it over his neck, arm, chest and leg.

His mum immediately put him under cold running water until the ambulance arrived 30 minutes later. Arthur was taken to his local hospital, Addenbrookes, where he received initial treatment for the pain and was transferred to the Regional Burns Service at Broomfield Hospital in Chelmsford – over 60 miles from home.

Arthur was in hospital for 10 days during which time he had 3 skin grafts on his arm, armpit and chest. Mum, Laura, stayed with him in a chair next to his bed – and his grandparents brought his 5 year old sister on the 121 mile round trip to visit nearly every day.

2 months on Arthur is doing amazingly well – he now has a tubigrip on his arm where he had the skin graft. All affected areas need to be creamed 5 times a day and Arthur returns regularly to Broomfield Hospital for scar therapy and on-going treatment. Mum says “he comes to me when his skin is getting itchy and has learnt to “scratch” with his palm, not his nails”.

Having seen at first hand the devastation caused by an accident that happened in the blink of an eye, Arthur's parents are very keen to raise awareness of the dangers of hot drinks and to prevent further accidents like this from happening.



COOL, CALL, COVER

FIRST AID ADVICE FROM THE BRITISH BURN ASSOCIATION

1. **Cool** the burn with running cold tap water for 20 minutes and remove all clothing and jewellery (unless it is melted or firmly stuck to the wound).
2. **Call** for help for any burn larger than a 50p coin: 999, 111 or local HGP for advice.
3. **Cover** with cling film or a sterile, non-fluffy dressing or cloth. Make sure the patient is kept warm.

Run **COLD** water first in the bath or sink before adding hot water – test the temperature



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Real Life Case Studies

CHILD BURN > FIREWORK

Maisie Roe

On Bonfire night, November 5, 2016, four-year-old Maisie Roe sustained burns from a firework accident that took place at her home.

Stephanie, her mother, is very keen to raise awareness of the dangers of having fireworks at home. In her own words Stephanie explains the events of the evening.

We were really looking forward to going to the local pub for the professional display that they were putting on but Maisie's sister was feeling poorly and so we decided against taking them all out.

My husband had been into town and came back with a small box of silent fireworks from a newsagent to do in the field. I thought nothing of it as I had always grown up with fireworks going off in the garden at home and we'd done them ourselves before.

That evening just after 5pm my husband set the fireworks up in small field behind our house. He is a sergeant in the army and the most safety conscious person I know. My mum, Maisie and myself stood ten meters away - twice the recommended 'buffer zone' - alongside her brother and sister and waited for the fireworks to start.

The first was a small Catherine wheel, the children were distinctly unimpressed! The next was a firework



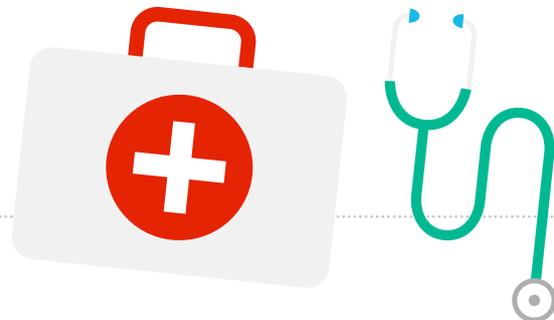
that sent small flares into the air that exploded into pink colour. The first four went up one and after the other and then a pause. The fifth flare instead of going up flew horizontally across the field and everyone started screaming. It was only as it exploded and Maisie's scarf caught fire did it become apparent the flare had become caught in her clothing.



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Real Life Case Studies

CHILD BURN > FIREWORK



Maisie Roe

My husband had a bucket of water next to the fireworks and he immediately threw it over her, while my mum who is a nurse, started to pull off her clothes. I'm a police officer and have been for 10 years and I'm usually quite good in a chaos situation, but when it's your own child it's so different. I just stood there screaming. I remember my mother screaming instructions at me and the next 24 hours are a daze. I ran to get the burns kit from the barn and called the ambulance. I felt like the most awful parent in the world ringing the ambulance on bonfire night because our child had been burnt. The operator was brilliant, so calm and reassuring.

When the paramedics arrived they gave Maisie morphine immediately and said she needed to go to hospital. When they checked the dressing my mum had put on I remember thinking it didn't look that bad, that we'd probably have to stay in overnight in the local children's ward.

We went to the AE in Barnstaple and the Doctor said he thought some of the burns were full thickness so we would have to be transferred to Bristol.

We decided to drive her up, as the ambulance would have taken five hours. We went straight into the specialist burns unit which has four beds and it was then that the seriousness of the situation started to sink in, by then it was about 1.00am the next morning.

Maisie had temporary bandages put on by the nurses and was taken to her room, my husband and I slept next to her, even though she had been given morphine she tossed and turned all night. The next morning they gave her a bath to wash the burns and see how bad they were. They warned us it was going

horrible and we didn't have to stay, but there was no way we were leaving her. Horrible was an understatement, I've never heard a child scream in pain like that. My husband had to hold her down as the two nurses weren't strong enough.

Later that day she went into surgery for the first of many times to have her burns scrubbed. She came out completely covered in bandages. From there on she was in hospital for another seven days, having a total of 5 general anaesthetics. On the second night she developed a severe temperature, and I remember the doctor telling me that the burns wouldn't kill her but an infection could.

In order to check her they had to take blood and I remember her screaming, it took me and three nurses to hold her down. That morning she went back into surgery to have the thickest burns cut out because of the possibility of infection. Thus continued a day in day out routine of pain killers, medication, scrubbing, and bandage re-dressing. Day five she had the first skin grafts taken from her legs, which Maisie found more painful than the burns. Day six involved a further skin graft as the first hadn't stuck properly.

That weekend Maisie was allowed to come home temporarily as we had to attend my father's funeral. She was literally wrapped in cotton wool on the sofa and everyone was so pleased to see her. Maisie needed a cocktail of medication every couple of hours and I remember feeling completely stressed with this responsibility, having relied so heavily on the nurses to keep her as pain free as possible it was now down to us. On Sunday we took her back to the hospital for another three days, where she had a third skin graft.



16TH OCTOBER 2019 #BeBurnsAware #SafeTea

Real Life Case Studies

CHILD BURN > FIREWORK

Maisie Roe...(cont'd)

After this she came home to be treated as an outpatient and the Specialist Burn team visited her every three days over a two-week period, to change her dressings. This took place in the bath and even though she was sedated she kicked and screamed.

Now the scabbing has healed she can wear a silicon dressing. Once a month we return to Bristol for a review with her plastic surgeon. The next stage is reducing the worst of the scars as the body always over heals itself, which is why you get the lumps and the bumps. They are now talking steroids and laser treatment and it will be two years before it is going to look like the end result.

Maisie is doing really well and the amazing thing has been her resilience and positive spirit. In January she went back to school. At first she wasn't allowed out to play, but now she is completely back to normal.

The doctors say that Maisie was very lucky - if it had gone a few inches either way, she could have been blinded or have had breathing difficulties for the rest of her life.

I wanted to tell Maisie's story so if anyone considers having fireworks at home to think again and instead attend their local firework display. I remember in the past we didn't think twice about having fireworks at home and when one firework whizzed off in the wrong direction it was funny. Now when I hear of kids throwing them at each other in the street it makes my heart sink.

I wouldn't want another family to have to go through what we have. When I think how relatively minor her burns are and how much pain she has been through it's terrifying. Also how long the route is going to be to get her back to normal, it's very scary. I always try to remember it could have been so much worse. We will certainly never, ever have fireworks at home again.





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Real Life Case Studies

CHILD BURN > TAP/BATH WATER

Lizzie

Being a 13-year-old with burns is hard as people can be pretty mean and I am struggling with my confidence, I may look and sound like a normal happy teenager but I am not. I can't be the same, and I never will.



Some people can just take in the fact they're burnt and they will never go away but my mind won't let me accept them, I hate them. But they make me ME and who I am today, so here goes, this is my story. I was about 18 months old and was bathing with my older sister, she was only young too. My oldest sister was washing her – as she took her eye off me for a second to wash my other sister I turned the tap on myself. By the time she could get me out of the bath I was already burnt on my arm, my legs and feet. It was an accident, one that could have happened to anyone but it happened to me.

How I deal with my burns

To be honest I am not very good, I am scared of people – I am so scared of what they might say or think, I don't want to be different so I hide them. Only my close friends have seen them. I never wear shorts without tights, or a dress/skirt. I always hide them away on holiday. I hate to wear bikinis, I think people are looking.

Also I am scared to get changed in the same room, in PE I go in the toilets. I can't go on school camps because people will see them. Some people are different and others don't understand them. So, I don't go, because I am scared.

But I get help from my nurses and Burns Camp.

Burns Camp is the best thing that's helped with my burns. When I go to camp I fit in, even if it is only for the weekend, but I don't feel the outcast or different because we all have them, so we show them off like a medal. They're something that's been given to us so we show them off. There are some people at camp with really bad burns, or some that are hardly noticeable, but we're all the same and camp has helped so much with my confidence. I was a lot worse, and I love going – I look forward to it all year and just going and seeing all my friends, and how much they have changed in the last year.

So that's my story about my burns.



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Feedback

Your feedback is very important – it will not only help shape future National Burn Awareness Days, but also enable the sharing of information with strategic partners about the impact the day might have made.

We would therefore be very grateful if you could email your answers to the following questions as soon as possible after 16th October 2019, to: info@cbtrust.org.uk
subject: [NBAD 16.10.19 Feedback](#)

- **What activity** did you run/participate in on National Burn Awareness Day?
- What was your **main aim**?
- Who were your **target audience**?
- How many people did you **directly engage** with?
- How many people might you have **indirectly engaged** with (eg through local media coverage or through umbrella organisations?)
- **How many staff/volunteers** were involved in your activity?
- Did you **achieve your main aim**?
- How much **media coverage** did you achieve?
- **How useful** was the information received from the Children's Burns Trust before the event?
- What **additional information or support** would have been helpful?
- **Any other comments ...?**

ALL FEEDBACK WILL BE PASSED BACK TO THE BRITISH BURN ASSOCIATION'S PREVENTION COMMITTEE.



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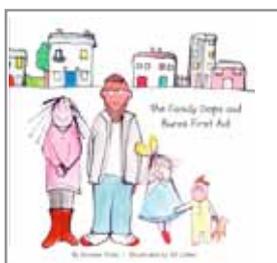
Additional Material Available

We are keen to support any activities that you organise for National Burn Awareness Day on 16th October 2019. While much of the material is already included in this toolkit, information & activity packs can be sent to you free of charge – if you require larger numbers we would be grateful if you could contact us to discuss a donation towards postage and packing. Items marked with an asterisk can be supplied electronically, and therefore free of charge. **Each pack would include:**

CBT Under 5's Resource Pack

- Burn and scald prevention guidance for Parents & Carers of the Under 5's*
- National Burn Awareness Day Poster*
- Case histories of burns survivors*
- Case history of parent-led hot drinks pledge*
- 25 x A5 Hot Water Burns Like Fire Leaflets*
- Lizzie's Accident story book
- Whoops! Child safety project booklet

CBT Schools Prevention Pack (Primary)



The Oops Family story is inspired by two toddlers with nearly identical scald burns who had very different first aid treatment at the time of injury, resulting in very different outcomes.

- Burn and scald information*
- National Burn Awareness Day Poster*
- Case histories of burns survivors*
- Hazard Kitchen poster*
- 25 x A5 Hot Water Burns Like Fire Leaflets*
- Lizzie's Accident story book
- Phil the Fire Engine – The House Fire – story book
- The Family Oops and Burns First Aid EBook

CBT Fundraising Pack

- Fundraising ideas and sponsorship information*

CBT – Corporate Pack

- Commercial support, fundraising ideas, and sponsorship information*

BBA Cool Call Cover – Powerpoint slides: Available in English, Polish, Punjabi, Somali and Urdu



National Burn Awareness Day Poster and banners

- National Burn Awareness Day Poster and banners

SafeTea Resources

- 



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Donations

The Children's Burns Trust receives no government funding and is only able to continue the work we do as a result of our own fundraising efforts and supporters. As with many charities, our income has suffered enormously in recent years. We greatly appreciate all donations – whatever the size.

Pledge £2 to help us support children and their families

If everyone who downloaded this toolkit donated just £2, we could raise enough money for new play and exercise equipment for a burns ward, or run an extra Family Therapy Weekend.

Click here to visit our JustGiving campaign: www.justgiving.com/campaign/childrensburnstrust-pound-pledge

Donations can be made by cheque, made payable to CBT and sent to:

Children's Burns Trust
2 Grosvenor Gardens, London
SW1W 0DH

via our website: <https://www.cbtrust.org.uk/donate/>

or by BACS to our Barclays Bank:

Account No 90755362
Sort Code 20-21-78

In the name of Children's Burns Trust, reference 'Donation NBAD'

Thank you in advance for your support.





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