

BURN PREVENTION

Ensure that you have a smoke alarm and carbon monoxide detector fitted on every level of your home.

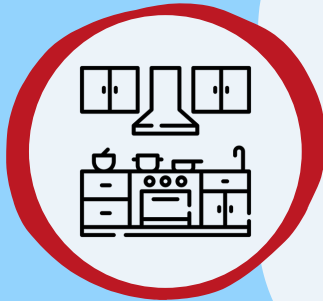
Test these monthly.

If you are hearing impaired, purchase flashing or vibrating alarms.

Ensure you have a fire escape plan.

1

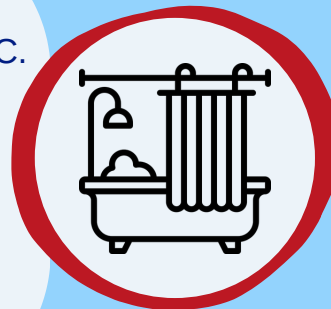
Preventing burns in the kitchen



- Wear short sleeves and tight-fitting clothes, and tie your hair back. Keep your cooking space clear of all flammable items.
- Turn pan handles towards the back of the stove, use the back burners.
- Do not leave food cooking on the hob unattended, and set a timer to remind yourself to turn off the oven, toaster or hob.
- Use oven mitts when removing hot dishes, pots etc.
- If frying, using a lid should prevent grease splatter.
- If any clothing catches fire - stop, drop and roll.

2

Preventing burns in the bathroom



- Run cold water first, then add hot water.
- Make sure your bath or shower water is no hotter than 44 °C. Use a thermometer to check, not your hands or feet.
- Set your hot water boiler to a maximum of 49 °C.
- To prevent falls, install grab rails, non-slip mats and/or a shower chair. Install radiator covers to reduce your risk of contact burns.

3

Preventing burns in the bedroom



- Avoid placing a hot water bottle or heating pad on your skin.
- Make sure that your hot water bottle is not leaking by testing it over a sink.
- Do not smoke in bed or leave candles burning unattended.
- If using an electric blanket, set a timer to remind you to turn it off or purchase an electric blanket that automatically turns off.
- Install radiator covers and keep furniture 4ft away from all heat sources if possible.