



National Burn Awareness Day

# TOOLKIT



**14TH OCTOBER 2020**

**#BeBurnsAware**



[www.cbtrust.org.uk](http://www.cbtrust.org.uk)



[www.britishburnassociation.org](http://www.britishburnassociation.org)

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



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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 2020.

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.

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On this year's National Burn Awareness Day, we are campaigning to highlight a concerning correlation between social deprivation and the number of children sustaining life-altering burn injuries. As well as the risk of firework injuries and fires outside the home to children in the 15 - 24-year age group.

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*"It's been a challenging year as we all deal with the impact of COVID-19. As we approach Bonfire Night, it's clear many organised firework displays that families usually attend will not be happening. We urge people to be cautious if they are thinking about using fireworks at home. Take time to plan and make sure you are confident and comfortable with handling fireworks and that you have the appropriate space in your garden to hold a display. You should also follow the firework code. Firework injuries are more common at private or family displays. If an accident should happen make sure you know what to do, the correct first aid can greatly reduce the severity of a burn and ensure you seek medical help"*

*Roy Wilsher, Chair of the National Fire Chiefs Council*

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*"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*



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## Get Involved!

This toolkit has been designed to provide you with information to help you support National Burn Awareness Day 2020.

**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 2020. **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 2020.



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## Activity Suggestions and Ideas

**Due to Covid-19 restrictions National Burn Awareness Day will look slightly different this year, so we need your help more than ever to raise awareness and reduce the devastating number of injuries from burns and scalds which occur every day in the UK. There is still so much you can do to help...**

- **Use the Downloadable Resources**  
We have put together a selection of downloadable digital resources to help you support National Burn Awareness Day 2020. These are available to download here: <https://www.cbtrust.org.uk/national-burn-awareness-day>. Share these with your family, friends and colleagues.
- **Active on Social Media**  
Twitter: @CBTofficial  
Facebook: @childrensburnstrust  
Instagram: @childrensburnstrust  
Using the hashtag #BeBurnsAware  
  
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).
- **Information stand in Hospitals**  
Set up a stand in your reception area. Display posters and leaflets etc. Contact your local radio and press. Ask your communications department to highlight the day and to share on social media.
- **Look out for virtual activities and events being run by your local Fire and Rescue Service, Mother and Toddler Groups, Nurseries and Children's Centres**
- **Ask to display posters in schools, children's centres and GP surgeries. Schools can give an assembly on burn prevention/first aid.**
- **Request the Support of your Local Council**  
Ask them to advertise the day, on their social media channels, website and to cascade the information to parents through school email circulars.
- **National & local TV and radio interviews**
- **Influencers**  
We will be asking for retweets from national organisations, MPs, celebrities and social media influencers. 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.
- **Provide virtual Burns related First Aid training**
- **Fundraising events for burns related charities**
- **Other ideas?**  
This list is by no means prescriptive – if you have other ideas, please go for it!

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### PLEASE LET US KNOW ABOUT YOUR ACTIVITIES SO WE CAN SUPPORT ON SOCIAL MEDIA

See page 6 for the Children's Burns Trust social media information.

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## Website and Social Media Activity

The Children's Burns Trust 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	URL
Information about National Burn Awareness Day	<a href="https://www.cbtrust.org.uk/national-burn-awareness-day">https://www.cbtrust.org.uk/national-burn-awareness-day</a>
Facts and Figures to support National Burn Awareness Day (annual & monthly)	<a href="https://www.cbtrust.org.uk/infographics/2019/">https://www.cbtrust.org.uk/infographics/2019/</a>
Learning Zone with access to FREE resources for Early Years, Key Stages 1 – 4 and parents, carers and professionals	<a href="https://www.cbtrust.org.uk/learning-zone">https://www.cbtrust.org.uk/learning-zone</a>
First Aid	<a href="https://www.cbtrust.org.uk/burn-prevention/first-aid">https://www.cbtrust.org.uk/burn-prevention/first-aid</a>
Case Studies	<a href="https://www.cbtrust.org.uk/category/burn-survivors">https://www.cbtrust.org.uk/category/burn-survivors</a>

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## Social Media

**Twitter:** @CBTofficial

**Twitter:** @BritishBurn

**Facebook:** @childrensburnstrust

**LinkedIn:** @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.



[www.cbtrust.org.uk](http://www.cbtrust.org.uk)



[www.britishburnassociation.org](http://www.britishburnassociation.org)

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## Social Media

The Children Burns Trust social media accounts will be posting in the weeks prior to and on National Burn Awareness Day. Please re-tweet and share our posts to raise as much awareness as possible. Let us know your planned activities for National Burn Awareness Day and we can also share the activity on our social channels, raising more awareness

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.

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## Suggested Social Posts

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

- *We are supporting National Burn Awareness Day 2020 on the 14th October. Are you?* <https://www.cbtrust.org.uk/national-burn-awareness-day/> **#BeBurnsAware**
- *Children and the elderly are especially vulnerable to burns and scalds* <https://bit.ly/1ufnLE1> **#BeBurnsAware**
- *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 2020* <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.cbtrust.org.uk/burn-prevention/awareness-campaigns/hot-drinks/> **#BeBurnsAware**
- Did you know that there are parts of England & Wales where some children are FOUR TIMES more likely to sustain a serious burn injury? Find out more about exclusive insight released on National Burn Awareness Day 2020 today, here: <https://www.cbtrust.org.uk/burn-prevention/is-your-child-most-at-risk-from-a-burn-injury> **#BeBurnsAware**
- Organised firework displays won't be happening this year. Before you think about attending any gathering with fireworks, remember that they can cause life-changing burn injuries. Don't take the risk <https://www.cbtrust.org.uk/fireworks/> **#BeBurnsAware**
- This family were being careful with Fireworks. Rosie-May was 4-years old when she was seriously injured by a firework that went astray. Read her family's story here: <https://www.cbtrust.org.uk/2018/10/29/burnsurvivor-rosie-may-mum-of-daughter-hit-by-a-firework-tells-her-story/> **#BeBurnsAware**
- 588 children a month require admission to an NHS Burns Service following a severe burn or scald injury. <https://www.cbtrust.org.uk/national-burn-awareness-day/> **#BeBurnsAware**
- 4,926 children under 5 were so badly burnt they were admitted to a NHS specialist burns service in 2019—over 13 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.cbtrust.org.uk/burn-prevention/awareness-campaigns/hot-drinks/> **#BeBurnsAware**
- 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 - 713+ children (0-14 yrs) in 2019 were treated for burns from them <https://www.cbtrust.org.uk/hair-straighteners-2/>



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*"It is very worrying to see the correlation between social deprivation in England and Wales and the number of children sustaining life-altering burn injuries. I hope that this year's National Burn Awareness will play a key role in educating the public about the life-changing injury that a simple, preventable accident can lead to."*

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

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*In this challenging and unusual year we need to ensure that awareness is raised about burn injuries and how they can be prevented and treated. As many burn injuries occur in the home it is vitally important that prevention messages continue to be spread and that clear first aid advice is easily available. Deeper and larger burns must continue to be assessed and treated by specialist burn services to ensure the best possible outcomes and we urge patients and parents to trust in the hospital protocols and precautions related to COVID19 and to seek the help they need.*

**Vicky Dudman, Chair, British Burn Association Prevention Committee.**

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*"Both before and during the Covid 19 pandemic lockdown it is apparent that the scald injuries are predominantly suffered by children from those families suffering the greatest financial, social and employment challenges in our population. This fact, and the ethnic distribution of these incidents is the focus of the National Burn Awareness Day of 2020. An additional concern later this year is the increased risk of firework injuries given the lack of organised events. Once again the majority of injuries are in individuals with similar financial, social and employment challenges which is a fact recognised by our colleagues in the Fire and Rescue Services and Police Authorities who aim to help us prevent these devastating injuries."*

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

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*"The increased risk of serious burns to children living in areas of social deprivation desperately needs addressing. We are so pleased that the Children's Burns Trust and British Burn Association are shining a light on this unacceptable level of disparity on National Burn Awareness Day this year. We are very happy to support the campaign and encourage everyone to get involved and help prevent these life-changing injuries."*

**Katrina Phillips, Chief Executive, Child Accident Prevention Trust.**

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*"Dan's Fund For Burns is delighted to support the Children's Burns Trust and the National Burn Awareness Day. We believe it is vital that charities work together to increase awareness of avoidable burn injuries which often occur through social deprivation and lack of education. A burn is for life and for many there is a need for ongoing physical rehabilitation and surgery as well as emotional support throughout their later life. Prevention is key."*

**Polly Brooks, MBE, CEO, Dan's Fund For Burns**



[www.cbtrust.org.uk](http://www.cbtrust.org.uk)



[www.britishburnassociation.org](http://www.britishburnassociation.org)



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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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## Staying safe with Fireworks

### How to host safely

The best way to enjoy fireworks is at an organised display. The fireworks will be bigger, you're not responsible for safety and you'll be part of the crowd. If you do decide to host your own firework display, here's how you and your guests can stay safe.

#### Read all the instructions

The box of fireworks will tell you important things like how far people need to stand back once the firework is lit. Make sure to read all the safety warnings.



#### Check your timings

Did you know that you can't let fireworks off between 11pm and 7am? The only exceptions are Bonfire night, when the cut off is midnight, and New Year's Eve, Diwali and Chinese New Year, when it's 1am. Let your neighbours know, so they can prepare.



#### Only buy from licensed sellers

Most shops, like supermarkets, can only sell fireworks on certain dates during the year. If you're buying them at a different time you need to visit a specially licensed shop. It's illegal for under-18s to buy or carry fireworks.

Search 'fireworks' on [GOV.UK](https://www.gov.uk) for more advice

#### Don't let children help

Kids should enjoy the display from a distance and should not be allowed to handle fireworks, tapers and matches.



#### Keep pets indoors

Cats and dogs should stay inside. Don't forget that they might be scared by the fireworks.



### Having a bonfire?

Bonfires are a fun tradition, but they do have their dangers. Wrap up warm and don't throw anything dangerous onto the fire.

#### If you're having a bonfire or firework display, always:

- ✓ tell your neighbours so they can prepare
- ✓ keep your bonfire away from buildings, sheds, fences and trees
- ✓ have water or a hosepipe ready

Search 'bonfire' on [GOV.UK](https://www.gov.uk) for more advice





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## Useful Links

- **British Burn Association**  
[www.britishburnassociation.org](http://www.britishburnassociation.org)  
A non-profit charity concerned with all aspects of burn care
- **Changing Faces**  
[www.changingfaces.org.uk](http://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](http://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](http://www.dansfundforburns.org)  
[@DansFund4Burns](https://www.facebook.com/DansFund4Burns)  
Practical help for adult burns survivors.
- **Electrical Safety First**  
[www.electricalsafetyfirst.org.uk](http://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](http://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](https://www.facebook.com/FireChiefsNFCC)  
The professional voice of the UK Fire & Rescue Service.
- **RoSPA - The Royal Society for the Prevention of Accidents**  
<http://www.rospace.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 > SAUCEPAN SPILL

#### Bella's Story

*In February 2020, Bella (aged 4 at the time) was seriously scalded when she pulled a pan of boiling water over herself. Here, Bella's mum recounts the devastating moments after the accident took place and what Bella and her family have been through since...*

"Here is Bella, aged 5. You will notice her beautiful blue eyes and also her nasty scarring. I want to raise awareness for burn injuries. It is so easy to think "Oh it would never happen to us" and that is exactly what we thought. Bella is a very sensible little girl. She very much knows what is right or wrong. She had never made any attempts to go near our oven or hob until the 29th February 2020.

On this day I was home alone with Bella and her baby sister Elsie and was preparing their lunch, which was pasta. For some reason which we will never understand, Bella grabbed the pan of boiling water from the back of the hob when I turned my back for a few seconds. I was suddenly met with her pained screams and I wasn't immediately sure what had happened. She couldn't get any words out and was just screaming and pulling at the front of her dress. It was then that I noticed the pan of boiling water on the floor and realised what had happened. Pure panic hit me like I have never experienced before. I knew I had to act fast. I took her clothes off and already her skin was falling off. I found super strength to race her upstairs into the bath. I had to leave her baby sister downstairs as I had no choice. I showered her with cold water and her skin just kept peeling off before my eyes. It still took me a minute to realise this was serious and required urgent help. I dialled 999 and the most wonderful paramedics arrived within 10 minutes, followed by an ambulance 10 minutes after.



Bella's screams for help and the shivering from being so cold will forever haunt me. The paramedics took control and dosed her up on morphine and paracetamol to help control the pain. They wrapped her up in cling film and put a hat on her to help her to warm up. She was then blue lighted to Southampton hospital to be assessed. I had showered her with cold water for 15 minutes, but as the guidelines had recently changed to 20 minutes, poor Bella had to be showered again to ensure she had the adequate time of cooling. She then had to have the burn scrubbed so that all the dead skin was scrubbed away. Luckily, some gas and air helped her to get through this. She was then sent on to Salisbury hospital who specialise in burns. She ended up staying for 3 days before returning home.



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## Real Life Case Studies

### CHILD BURN > SAUCEPAN SPILL

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#### Bella...(cont'd)

On her return home Bella wasn't herself and by the evening she had intense itching and cried for hours. We ended up taking her back to hospital where they noticed she had signs of toxic shock syndrome. She was covered in a rash, had a temperature, had crazy itching and her body was all puffy. They pumped her full of antibiotics, put her on a drip, gave her a feeding tube (burn patients need a lot of calories to help with the healing process) and she had a procedure under general anaesthetic to give the burn a deep clean using a high-powered water jet. She ended up staying in hospital for another 4 days and came home the day before her 5th birthday. Sadly, she missed a special trip to Disneyland Paris and also her birthday party.

Her journey didn't end there as she had to go back for numerous dressing changes. At every dressing change she had to be held down, and even with morphine she was in so much pain. What an awful ordeal for such a tiny human.

Never did I imagine going through anything as traumatic as seeing my little girl in such an awful state. 6 months on and we talk about her burn daily and help her realise it doesn't need to be something to hide. She likes to show her scars off to her friends and other adults. At the moment it doesn't bother her, but down the line the scarring may become an issue. She has some nasty scarring which will never go back to normal.

Bella is currently waiting for laser surgery to help to reduce the redness of the scar. Unfortunately, this has been delayed due to Covid-19 and she has been waiting for 2 months so far. She will have approximately 3 rounds of laser surgery under general anaesthetic and then the team will reassess to see if she needs further treatment. The Coronavirus pandemic has sadly meant that all of Bella's appointments have been over the phone, and no one has been able to check her scar in person since March. We have been very lucky that Salisbury hospital have been brilliant and always accessible when I have any concerns or queries.

When you are cooking, boiling a kettle, holding a mug of tea – please think of Bella and be just that little bit more cautious. A mug of tea that has been on the side for 20 minutes is still hot enough to cause serious burns to a child. If ever you experience serious burns do not hesitate – Cool the burn in tepid (not freezing cold) water for 20 minutes. Call 999 then Cover the burn in cling film.

I hope that our story will help at least one family to avoid such a horrendous journey."



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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



[www.cbtrust.org.uk](http://www.cbtrust.org.uk)



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



14TH OCTOBER 2020

#BeBurnsAware

## 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.

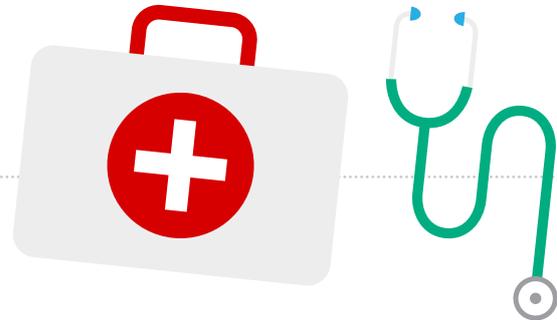


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## Real Life Case Studies

### 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.



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## Real Life Case Studies

### CHILD BURN > FIREWORK

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#### 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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#BeBurnsAware

## Real Life Case Studies

### CHILD BURN > TAP/BATH WATER

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#### 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 14th October 2020, to: [info@cbtrust.org.uk](mailto:info@cbtrust.org.uk) subject: [NBAD 14.10.2020 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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**COOL** the burn with running tap water, **CALL** for help, **COVER** with cling film



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## Additional Material Available

We are keen to support any activities that you organise for National Burn Awareness Day on 14th October 2020. 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

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

- 



[www.cbtrust.org.uk](http://www.cbtrust.org.uk)



[www.britishburnassociation.org](http://www.britishburnassociation.org)

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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

Due to the Coronavirus pandemic, we are experiencing a significant drop in fundraising income. With children at home and busy families all living and working on top of each other, burn injuries involving children are still taking place. Every day. Our services are still desperately needed. Your support can help us to fulfil that need.

Click here to visit our JustGiving campaign: [www.justgiving.com/campaign/childrensburnstrust-pound-pledge](http://www.justgiving.com/campaign/childrensburnstrust-pound-pledge)

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

Children's Burns Trust  
5 Wythwood,  
Haywards Heath,  
RH16 4RD

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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