

CAMPAIGN PAULINCHEN:

HOW TO
PROTECT YOUR
CHILD AGAINST
BURNS
AND
SCALDS

Information from



Paulinchen e.V.
Initiative for children with burns



Photo: Paulinchen e.V.

Anna, three months after
she was scalded with hot tea.

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DEAR PARENTS,

Each year 7000 children in Germany
get burned so badly
that they have to be hospitalised.

We want to help you to protect your child
and your family against such accidents!

REMEMBER:

Hot liquids damage the skin starting
at 52° Celsius. The contents of a cup
can scald up to 30% of the body
surface of a baby or infant.

**Every piece of our advice is based
on an accident with a burn
or a scald which happened to children.
The effects are always terrible.
Many of these accidents could
have been avoided. So please read
the following pages carefully.**



BURNS AND SCALDS ARE THE SECOND COMMONEST CAUSE OF ACCIDENTS IN CHILDHOOD, 80% OF ALL ACCIDENTS HAPPEN IN KITCHEN AND BATHROOM.

DANGERS IN THE KITCHEN

Place cups or pots with hot beverages far away from the edge of the table. Do not use tablecloths which hang down.

Take care that the cables of immersion heaters and kettles do not hang down.

Never eat or drink something hot when a child is sitting on your lap or when you are holding a child. Children try to reach the cup, the glass, the plate, in order to see what is in it.

Cook on the rear hotplates. Always place pots and pans on the stove with the handle to the rear.

Guard the hob with a grid, so that your child cannot touch hotplates or pull pots with hot contents down onto himself.

Smother burning fat by covering with a lid. Never extinguish with water, since this can cause the fat to explode!

Bottles and mash from the microwave often only feel lukewarm, however their contents can be boiling hot. Stir well and test before feeding.



DANGERS IN THE BATHROOM

Never just turn on the hot tap, check the temperature of the bath water.

Never leave the temperature control on “hot”!
Your child could scald himself when he turns on the tap.

Guard your taps with a thermostat which limits the water temperature to a maximum of 50° Celsius.

Only fill hot-water bottles with water under 50° Celsius and close them tightly.

Do not leave buckets or tubs with hot liquids on the floor.
Children could trip over them and fall in.

Stay with your child when he’s inhaling.
He could easily pull the inhaling liquid off the table.

**Don’t underestimate how far
your child can reach.
Their grasp increases every day!**



CAUTION WHEN HANDLING FIRE

Never leave your child alone with open fire, burning candles, etc.

Always be sure to lock away matches or lighters.

Switch off your iron and pull out the plug when you leave the room.

Guard hot radiators and heater pipes.

Heated blankets should never be put in children's beds. A baby/ infant cannot tell when it is too hot.

Do not dim lamps with cloths or paper.

Use fairy lights on the Christmas tree instead of candles.

Never give children sparklers to hold. Sparks can set their clothes on fire.

Fireworks should not be carried in trouser pockets, since they can catch fire from friction.

Supervise your child if you let him light fireworks.

Glue and other soluble adhesives can bind with air and ignite with the smallest spark! Spray cans etc. should never be allowed in the proximity of open fire.

Do not run through campfire sites, even if they look extinguished. They are often still hot.



**IN THE RACE
AGAINST FIRE,
EVERY SECOND COUNTS -
AND EVERY EURO!**

**Please support the work of Paulinchen e. V.
by means of passive membership
or a donation!**



Become a sponsor of Paulinchen e. V.!

Please fill in the form, cut it out and send it to:

Paulinchen e. V., Segeberger Chaussee 35, 22850 Norderstedt
or by fax: 040 / 529 50 688

Yes, I would like to become a sponsor of the initiative for children with burns – Paulinchen e. V. with an annual contribution of(min. € 26.00)

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Every euro counts.

Please use this form to make a donation to Paulinchen e. V. With donations, we have so far managed to print and distribute Campaign Paulinchen 2.5 million times free of charge. With as little as € 10, we can print 1000 brochures! With € 20, we can send detailed information to a family with a child with burns. Help Paulinchen e. V. with a donation!



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Never pour methylated spirits or fire lighter onto barbeques which are burning too slowly. This can cause a deflagration! A deflagration is not a flash over the BBQ, but a meter-wide and meter-high wall of flame!

BURNS CAN ALSO BE CAUSED BY ELECTRICITY AND CHEMICALS!

ELECTRICITY:

- N**ever fly kites close to electricity pylons.
- H**ave defective electric cables repaired immediately.
- E**quip plug sockets with safety devices for children and fault current (FI) protective switches!
- D**o not place electrical devices close to water.
- D**o not climb on trains or high voltage towers, no surfing the suburban railway! Even without direct contact to the power supply, electricity can jump over 1-2 metres!

CHEMICAL BURNS:

- S**ore cleaning agents and medicines out of reach of children.
- N**ever put poisonous or corrosive liquids in soft drink or water bottles, etc.!



FIRST AID

**Cool for at least 10 minute with water!
It makes sense to cool for up to one hour
after the accident!**

Cautions: the child should not be undercooled -
the water temperature should not be colder than 15° Celsius.
Do not remove burned clothes!

Put the fire out with blankets, by rolling the child
on the floor or with water.

With electrical injuries, always switch off the electricity first.

Never put flour, toothpaste, oil etc. on burns.

Always call the emergency doctor: **112**

Remember, your child is in shock. Do not leave him alone until
the emergency doctor comes.

INFORMATION AND SUPPORT:



Paulinchen e.V.

Initiative for children with burns

Segeberger Chaussee 35, 22850 Norderstedt
Paulinchen-Hotline: 01805-112 123 (12 cents/min)
info@paulinchen.de · www.paulinchen.de



HOW TO PROTECT YOUR CHILD:

Secure sources of danger in good time.

Prohibitions provoke! Explanation and practice are better protection: practice with your child lighting and extinguishing matches, candles, campfires etc.

Be a good example: never pour white spirits/fire lighter on barbeques which are not hot enough!
Don't play around with lit Christmas decorations etc.

Explain to your child:
if something catches fire, you must run away and shout "fire"!
Children often hide instead of running away,
or try to save their favourite toys.

Show your child the possible escape routes and practice these again and again.

Smoke is just as dangerous as fire: you can breathe better crawling on the floor than walking upright.

Protect your house or your flat with smoke detectors:
you cannot smell smoke while sleeping!

Practice with your child phoning the fire brigade and the three "W-questions":

DIAL 112

Who is phoning? **W**here is the fire? **W**hat has happened?

Never think: it can't happen to me!
Nobody is protected against these accidents!



THE EFFECTS OF BURNS:

The injuries to the skin after burns and scalds depend on the temperature and the duration of the effect.

The skin consists of three layers: the epidermis, the much thicker dermis and the subcutaneous fatty tissue under it. Depending on the depth of the burn, the injury is termed first, second or third degree.

The extent of the injury can be calculated as follows: a palm of a child including fingers corresponds to 1% of its body surface.

BURN DEPTH:

1st degree: surface reddening, e.g. sunburn.
Heals without treatment after 5-10 days.

2nd degree: 2a superficial: blistering, the base of the wound is damp. Heals without surgery after 2-3 weeks.

2b deep: blistering, grey-whitish discolouring, the base of the wound is dry.
Needs surgery, leaves scars.

3rd degree: grey-whitish discolouring, leathery skin areas, the base of the wound is dry, all layers of skin are destroyed.
Needs surgery, leaves scars.



THESE TOWNS HAVE HOSPITALS WITH SPECIAL BURN UNITS



The child should be treated in a special burn unit if:

- more than 10% of the body surface is affected.
- face, hands, genitals or feet are burned.
- the injury is an electrical injury or a chemical burn.



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