



# AKTION PAULINCHEN

Englische Übersetzung: Aktion Paulinchen

## HOW TO PROTECT YOUR CHILD FROM SCALD OR BURN INJURIES



**Paulinchen e.V.**  
Initiative for Young Burn Survivors

# PREVENTION WITH PAULINCHEN

## Your help counts!

Whether you donate, join as a member,  
or volunteer – Paulinchen e.V. relies on your help.

Just send us an email or contact  
Paulinchen e.V. directly!



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## Protecting your child from scald or burn injuries

Dear Parents and Family Members,

Burns and scalds are among the most common causes of injury in children. In Germany, over 30,000 children and youth under the age of 15 are affected every year. Nearly 6,000 of them are injured so badly that they have to be hospitalized. Small children are especially susceptible to scalding.

Many accidents can be avoided by making your home child-proof. And it's vital to keep adapting your safety measures to your growing child's increasing reach. In this pamphlet, we will show you how to make the different parts of your home safer for your child and describe other precautions you can take.

*Paulinchen – Initiative for Young Burn Survivors e.V.*

**REMEMBER:**

ca. **60%** of all accidents  
can be prevented.

# DANGER ZONE KITCHEN



## Kitchen and dining room safety

- ! Never place **hot drinks** close to the edge of tabletops or counters.
- ! Don't use tablecloths that hang down over the edge.
- ! Keep **electric kettles** and other **appliances** out of the reach of children. Watch out for **hanging cords!**
- ! **Don't eat or drink hot things** while your child is sitting on your lap. They will reach for it to see what's inside.
- ! Always place **pots** and **pans** on the **back burners** of your stove, and use these to cook. Always turn the handles towards the rear.
- ! Secure **stovetops** with a **stove guard**, so that your child can't reach hot burners or pull pots down.
- ! Keep your child away from **hot ovens** and **wood-burning stoves**.
- ! When heating up bottles and food in the **microwave**, always stir well and try it yourself first. What may feel lukewarm from the outside may be boiling hot on the inside!
- ! Put out **grease fires** by smothering with a lid. **Never extinguish with water**, because the grease will explode!



# DANGER ZONE BATHROOM



## REMEMBER:

*Never underestimate your child's reach.  
It increases every day!*



## Protecting your child in the bath

- ! Equip taps with a thermostat that limits the water temperature to **maximum 50° Celsius (122° F)**.
- ! Never leave **water heaters** set to "hot" – the hot water could scald your child.
- ! Always check **bath water temperature**; never turn on just the hot water!
- ! Only fill **hot water bottles** with water **below 50° Celsius** and close the bottle tightly.
- ! Never place **buckets** or **tubs** of hot liquids on the floor. Your child could stumble over or fall into them.
- ! If you give your child vapor treatments, use only **safety-tested**, stable **inhalers** and stay with your child during treatment. Do not have your child inhale over a bowl of hot water.



## CAUTION: FIRE



Watch the video!

Grill accidents are  
**100%**  
avoidable!



### Be careful when barbecuing

- ! Set up your grill so it is **stable** and **protected from wind**.
- ! **Never** use liquid **fire accelerants** like white spirits or benzene – neither to light the grill nor to warm it up. They could cause an **explosion!**
- ! Only use robust, **safety-tested grill lighters** from a specialized retailer.
- ! Always keep **close watch** over the grill.
- ! Don't allow children near the grill. They should maintain a **safe distance of 2 to 3 meters!**
- ! Don't allow **children to use or light** the grill.
- ! Keep a bucket of **sand**, a **fire extinguisher**, or a **fire blanket** handy to extinguish the hot coals.
- ! After barbecuing, keep your eye on the grill until the **coals have fully cooled**.
- ! Never barbecue in enclosed spaces and never bring the grill indoors to cool down. **Danger of CO poisoning!**
- ! Extinguish single-use beach grills **with water** and allow them to cool. This includes the sand under the grill.
- ! After barbecuing at the beach, **never bury hot coals in the sand**. The coals can remain red-hot for days! Extinguish the hot coals with water and allow to cool.
- ! Remember: **never** put out **grease fires** with **water**. **Smother** them instead!

# UNDERESTIMATED RISKS



## How to avoid burns

- ! Secure hot surfaces like radiators, heating pipes, and the panes of wood-burning stoves, all of which pose the danger of contact burns.
- ! Don't use electric blankets in children's beds. A baby or toddler can't tell you if he or she is too hot.
- ! When ironing, turn off the iron and unplug it before you leave the room.
- ! Only warm cherry pit cushions slightly.
- ! Always keep matches and lighters locked away securely.
- ! Never leave children alone with open fireplaces, burning candles, etc.
- ! Use LED candles as a safe alternative.
- ! Use only safety-tested electric lights on your Christmas tree, not candles.
- ! Never allow unsupervised fireworks on New Year's Eve or other celebrations. Light them together.
- ! Never carry fireworks in pants pockets – friction could light them.
- ! Don't allow children to hold sparklers in their hands – they could set clothing on fire.
- ! Never use glue, liquid adhesives, or spray cans close to an open flame – the gases could ignite or the containers explode.
- ! Never cover lamps with cloth or paper – fire hazard!



## Important measures for handling electricity

- ! Install child safety covers and residual current circuit breakers (RCCBs) on all electrical outlets.
- ! Never place electrical appliances close to water.
- ! Explain to children that climbing on trains or power masts can be life-threatening! Even without direct contact, high voltages can shock you from up to 1.5 meters (5 feet) away.
- ! Always supervise kite flying and never fly kites close to power masts!



## Prevent the risk of acid burns and poisoning

- ! Keep all cleaning solutions and medications out of the reach of children and tightly closed.
- ! Never store toxic or caustic liquids in soda bottles, water bottles, or similar containers.

# FIRST AID IN EMERGENCIES



*Immediately call the emergency physician at **112**. Your child may be in shock – don't leave him or her alone until the doctor comes. For minor injuries, see your pediatrician.*



## First Aid for burn wounds



- + **Call 112**
- + Cool burn wounds with lukewarm water (ca. 20 °C/68 °F) for about 10 minutes to soothe the pain until the paramedics arrive.
- + To avoid the risk of hypothermia, only cool the wounded areas! Don't cool large-area burn wounds (more than 15 % of the body surface). Don't cool burns in newborns, infants, or unconscious persons.
- + To put out flames: stop, drop and roll or use water.
- + Don't remove clothes that are sticking to burn wounds.
- + In case of a scald, immediately remove wet clothing.
- + In case of electric shock, immediately break the circuit.
- + Never put flour, toothpaste or oil on burn wounds.

## Know the dangers – avoid emergencies

- + Practice lighting and putting out matches, candles, and campfires with your child – fire prevention training!
- + Secure your home with smoke detectors. In case of fire, smoke is more dangerous than flames.
- + Role-play calling the fire department with your child and teach them the 5 W-questions: What happened? Where did it happen? Who is hurt? Who is calling? Wait for follow-up questions.
- + Explain to your child that if there is a fire, he or she should run away and yell "fire!" Children often hide instead of running away.
- + Set a good example.
- + Show your child escape routes and practice them. If smoke develops, crawling on the floor will make it easier to breathe.
- + Remove all potential dangers before it is too late.

# THE DEGREES OF BURNS



How badly the skin is injured after a burn or scald depends on the temperature and the length of exposure. The depth of the burn determines whether the wound is considered first-degree, second-degree, or third-degree. For children, the area of the hand, including the fingers, is measured as 1 % of the body surface.

## How the burn degree is determined

### First-Degree Burn:

- ! Superficial redness, for example sunburn. Heals without intervention in 5 to 10 days.

### Second-Degree Burn:

- ! 2a superficial: blister formation, wound bed is wet. Heals without surgery in 2–3 weeks.
- ! 2b deep: blister formation, gray-white discoloration, wound bed is dry. Requires surgery. Usually leaves scars.

### Third-Degree Burn:

- ! Gray-white discolored, leathery skin areas, dry wound bed, all layers of the skin are destroyed. Requires surgery. Leaves scars.



# BURN UNITS



### Important:

Your child needs to be treated in a specialized hospital if:

- more than 5 % of the body surface has suffered 3rd degree burns
- face, hands, feet, or genitals are burned
- there has been an electric shock or acid burn
- your child is under 12 months
- you suspect smoke poisoning



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