

CAMPAIGN PAULINCHEN:

HOW TO
PROTECT YOUR
CHILD FROM
BURNS
AND
SCALDS

Information provided by



Paulinchen e.V.
Initiative for young burn victims



Photo: Paulinchen e.V.

Anna, 3 months after she was
scalded by hot tea.

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DEAR PARENTS,

Every year, 6,000 children are hospitalised in Germany because of serious burn and scald accidents.

We want to help you to protect your child and your family from these types of accidents.

REMEMBER:

Hot liquids from 52°C/125°F damage the skin.

A cup of hot tea can scald up to 30% of a child's or toddler's body.

Our recommendations are based on burn or scald accidents which have happened to children in the past.

The effects are always horrible. Many of these accidents could have been prevented. So please read the following pages carefully.



BURNS AND SCALDS ARE THE SECOND MOST COMMON CHILDHOOD ACCIDENTAL INJURIES. 80% OF ALL ACCIDENTS HAPPEN IN THE KITCHEN OR BATHROOM.

DANGERS IN THE KITCHEN

Place cups or pots of hot liquid far from the edge of the table. Do not use tablecloths which overhang.

Look out for hanging cables of kettles or immersion heaters.

Never eat or drink something hot when a child is sitting on your lap or when you are carrying a child.
Children try to reach for cups, glasses or plates to see what they contain.

Cook on the rear hotplates. Always place pots and pans on the cooker with the handles to the rear.

Use a stove guard so that your child cannot touch hotplates or pull down pots with hot contents.

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

Bottles and jars which have been heated up in the microwave often only feel lukewarm, however their contents can be boiling hot.
Stir well and test before feeding.



DANGERS IN THE BATHROOM

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

Never leave the temperature control on “hot” when using mixer taps!

Your child could scald himself/herself when he/she turns on the tap.

Use thermostatic taps, which limit the water temperature to a maximum of 50°C/125°F.

Only fill hot-water bottles with water under 50°C/125°F and close the lid 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/she is inhaling steam to clear congested sinuses. They could easily pull the towel together with the inhaling liquid onto themselves.

**Don't underestimate how far
your child can reach.
It increases every day!**



CAUTION WHEN HANDLING FIRE

Never leave your child unsupervised around an 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.

Place guards in front of hot radiators and wood-burning stoves, insulate heating pipes. Risk of contact burns!

Heating blankets should never be put in children's beds. A baby/toddler can't tell when it gets too hot.

Do not dim lamps with pieces of cloth 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.

Firecrackers should not be carried in trouser pockets; they can catch fire through friction.

Supervise your child if you let him/her light fireworks.

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

Do not step on extinguished campfires. They are often still hot.



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

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





Become a passive member of Paulinchen e. V.!

Please fill in the form and send it to:

Paulinchen e. V., Segeberger Chaussee 35, 22850 Norderstedt, Germany or by fax to +49-(0)40- 529 50 688

- Yes**, I would like to become a passive member of Paulinchen e. V.
 - Initiative for Young Burn Victims with an annual contribution of _____ (min. € 26,00)

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To simplify administrative efforts, I hereby authorise you to debit the membership fee directly from the following account until further notice (only available for German bank accounts):

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Every euro counts.

To make a donation to Paulinchen, you can use the form below or transfer funds directly to Paulinchen e.V., account number 112123, Sort Code 251 205 10. If transferring donations from abroad, you may also use the following IBAN: DE54251205100008479400 and SWIFT-BIC: BFSWDE33HAN. Thanks to donations, we have so far been able to print and distribute this brochure free of charge to over 4 million households. With € 10, we can print a further 1,000 copies! With € 20, we can send detailed information to a family with a burn injured child.

Support the work of Paulinchen e.V. with a donation!



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Never pour methylated spirits or fire accelerants onto lit charcoal, even if you feel that it is burning too slowly. This can cause a deflagration! A deflagration is not just a tongue of flame over the BBQ, but a meter-wide and meter-high wall of flames!

BURNS CAN ALSO BE CAUSED BY ELECTRICITY AND CHEMICALS!

ELECTRICITY

Never fly kites close to electricity pylons.

Have defective electric cables repaired immediately.

Invest in socket covers and residual current protective switches!

Do not place electrical devices close to water.

Do not climb on top of trains or high voltage towers, and no train surfing! Even without direct contact to the power supply, electric currents can jump over 1–2 meters!

CHEMICAL BURNS

Stock cleaning agents and medicines out of reach of children.

Never put poisonous or corrosive liquids in soft drink or water bottles!



FIRST AID

Cool the injured area with water immediately after the accident for 10–15 minutes. The water should not be below 15°C/59°F due to the risk of hypothermia!

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

Do not remove burned clothing!

With electrical injuries, always switch off the electricity from the mains first.

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

Always call the emergency services: **112** (in Germany)

Remember, your child is in shock.
Do not leave him/her by himself/herself until the ambulance has arrived.

INFORMATION AND SUPPORT:



Paulinchen e.V.
Initiative for young burn victims

Segeberger Chaussee 35, 22850 Norderstedt, Germany

Free Paulinchen-Hotline (in Germany): 0800 0112 123

info@paulinchen.de · www.paulinchen.de



HOW TO PROTECT YOUR CHILD:

Always secure sources of potential danger.

Forbidding your child to deal with fire can result in curiosity.

Explanation and practice are better preventions.

Practice lighting and extinguishing matches, candles, campfires, etc. with your child.

Lead by example: never pour methylated spirits/fire accelerants onto charcoal which is burning slowly!

Don't play around singeing Christmas decorations, etc.

Explain to your child: if there is a fire, you must run out of the building 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.

Install smoke alarms in your house or flat!

Ppractice and explain to your child how to phone the fire brigade!

DIAL 112 (in Germany)

and remember the 5 "W-questions":

Where is the fire? **W**ho is phoning? **W**hat has happened?

What injuries? **W**ho is injured?

Never think: this will not happen to me!

Nobody is safe from these accidents!



THE EFFECTS OF BURNS:

Injuries to the skin depend on the temperature and for how long the skin was exposed to the fire or hot liquid.

The skin consists of three layers: the epidermis, the much thicker dermis and the subcutaneous tissue below. Depending on the depth of the burn, the injury is classified into first, second or third degree burns.

The extent of the injury can be calculated as follows: a child's hand print, including palm and fingers, corresponds to 1% of his/her body surface.

BURN DEPTH:

1st degree: redness on the surface, 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.



IN GERMANY, THESE CITIES HAVE HOSPITALS WITH SPECIAL BURN UNITS



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

- more than 10% of his/her body surface is affected;
- face, hands, genitals or feet are burned;
- the injury is an electrical injury or a chemical burn; or
- smoke inhalation is suspected.

THIS EDITION OF CAMPAIGN PAULINCHEN IS SUPPORTED BY:

Arbeitskreis
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MANY THANKS!



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