



Burns and Scalds challenge

Firefighters wear lots of special clothes to keep them safe when they go to fight fires.

Our grownups use special gloves to take hot things out of the oven.

Why do you think they wear those things? What could happen to them if they don't put them on?

Well done if you said they wear them to keep them safe from hot things. They protect them from being burnt.

HOT THINGS CAN BURN

Did you know, if we get a burn from hot liquid or steam it is called a scald.

- We all try to stay safe and not burn ourselves but sometimes we get it wrong or have an accident and OUCH! if we burn ourselves it really hurts.

What can we do straight away to make it feel better?

Did you say, "put cold water on it"? If you did you were right, well done.

We need to cool a burn under the cold tap for 10 minutes – gosh that's a long time.... but it will really help it to feel better.

If the burn is bigger than the size of a fifty pence coin, your grownups may need to get it checked by someone else like a doctor or a nurse.

- **Can you make a list or draw some of the things at home which get hot and could burn you?**



**Hampshire
& Isle of Wight**
FIRE & RESCUE SERVICE

- Can you tell an adult what they need to do straight away if they burn themselves?

I have just thought of something else which can burn us if we go outside on a lovely warm day.

YES – the sun!

- Can you think of some things you could do to stay safe in the sun?

I'm sure you had some great ideas, which of these did you think of?

Slip on a tee shirt

Slap on some sunscreen

Slap on a hat

Seek out some shade

Slurp lots of water

Can you make a poster to help us to remember how to stay safe in the sun?