



BURN WISE

BURN PREVENTION
INFORMATION OF
SPECIAL INTEREST
TO THE JEWISH
COMMUNITY

BURN INJURIES

A burn is an injury from heat, cold, chemicals, radiation, or electricity. They can be minor or very serious, depending on what part and how much of the body is affected. Burns can affect different layers of the skin:

First-degree (Superficial Burns)

The top layer of the skin turns pink/red and is mildly painful. Some swelling may occur but no blisters form.

Second-degree (Partial Thickness Burns)

The top and middle layers of skin are injured, causing blisters, pain, and swelling. The blisters may break, and the skin underneath will be red/pink and wet.

Third-degree (Full Thickness Burns)

All skin layers are destroyed, and the skin becomes white, dry, and painless.

BURN FACTS



Each year in Australia, almost 6,000 people are hospitalised for burn injuries.



Almost half of all burns happen at home.



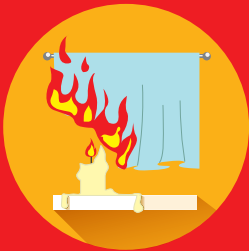
Scalds from hot liquids are the leading cause of burns among young children.



Burn injuries can happen in seconds but their effects can last a lifetime.

CAUSES OF BURNS

Burns can happen at home, work or play. They can affect how we move, look and feel about ourselves. Common sources of burn injuries include:



Candles



Hot liquids (food, drinks, tap water in the bath/shower/sink)



Hot objects (heaters, irons)



Wheat bags



Electrical wiring and appliances



Cooking



Household chemicals, Sunburns



Cigarettes

GROUPS AT HIGH RISK OF BURN INJURIES

While anyone can get burnt, certain groups of people are at high risk for burn injuries.

Families

Certain customs and practices such as the use of candles (including those used for the Sabbath and holidays) and reliance on a variety of cooking and warming devices can put observant Jewish families at high risk for burn injuries.

Young children

Young children are at high risk of burns because they may not understand how to avoid danger.

Older adults

Older adults may be at high risk of burn injury due to age related changes in mobility, hearing, sensation, sight, medical conditions and medication use due to side effects.



BURN PREVENTION

There are many simple steps that you and your family can take to prevent burn injuries. Please follow this safety advice to prevent burns and stay safe all year round.

Lighting, blessing and using of Sabbath and holiday candles

- Place Shabbat, Yom Tov, Yahrzeit and Chanukah candles:
 - In sturdy holders, menorahs or other fire-safe containers.
 - On a solid surface.
 - Out of the reach of children and pets.
 - At least one metre from curtains, bedding, paper and combustible sources such as chemicals.
- Wear tightfitting, long sleeved attire when near an open flame. Keep long hair tied back and away from lit candles.
- Avoid leaving burning candles unattended; put them out before leaving the room or going to bed if possible. When not possible, use candles that burn long enough to fulfill the mitzvah, but are short enough to burn themselves out.
- Store matches and lighters out of the reach of children.

Cooking and eating during the Sabbath and holidays

Cooking and eating play major roles in holiday and Sabbath celebrations.



Many burn injuries, however, result from cooking, serving and eating hot food and drinks. With the increased activity and excitement that are part of these celebrations, please use extra caution and follow this safety advice to prevent burns:

- Keep a one metre zone of safety around the stove and anywhere that hot food or water may be warming. This will prevent children from coming too close and allow for a safe work space.
- Turn pot handles inward when cooking on the stove. Cook on the back burners of the stove.
- Allow hot food and drinks to cool before carrying, serving, eating or drinking. Avoid using tablecloths or placemats that can easily be pulled by young children. Keep the stovetop clear of paper, towels and anything else that can burn.
- When frying, use a pot lid or splash guard to prevent grease splatter.
- If a grease fire occurs:
 - Turn off the heat, and if possible, use a fire blanket or a pot lid to smother the fire. **NEVER USE WATER.**
 - Keep the pot and lid in place until cool.
 - Call 000 right away if the fire continues to burn and exit the building while shutting doors behind you.



Using the Blech, Un-Blech, crock pots and hot water urns

Often, these are used to heat food, cholent and water for long periods of time and may not appear to be hot. They may also be used in areas within reach of young children. To prevent burn injuries from these, please:

- Use the back burners on the stove when possible.
- Keep the devices and their cords out of the reach of children and as far back on the counters or stove as possible.
- Use a hot water urn that has a locking spigot to prevent unintentional hot water spills. Avoid placing these items on the floor.

Use of electronic devices outdoors, including for Sukkot/Sukkos

- Use extension cords:
 - For short periods of time only

- In places where they can easily be seen but out of the reach of children
- Designed for outdoor use

- Check the condition of the cords of all heaters, electric lights, or other devices with each use. Replace the device right away if the cord is broken or cracked or if the device is faulty.
- If using a space heater, clear a one metre area around it.
- Avoid leaving burning candles unattended. When not possible, use candles that burn long enough to fulfill the mitzvah, but are short enough to burn themselves out.
- Let hot food/drinks cool before carrying them into/out of the Sukkah.

Passover/Pesach safety

Bedikat Chametz (Searching for Chametz):

- Keep the candle away from all combustible objects — especially curtains, sofas, clothing, and tablecloths.
- Do not allow young children to hold the candle or get too close to the open flame.



Burning Chametz:

- Supervise young children and keep them at least one metre from open flames.

Preparing for the Seder:

Increased activity and excitement often make people less careful.

Please see the above section on kitchen safety for burn prevention tips.

Cleaning for Pesach:

When using chemicals:

- Always read and follow the safety warnings before using chemicals
- Wear rubber gloves when using chemicals or cleaners.
- Store chemicals in the original bottles.
- Keep chemicals out of the reach of children. Never mix chemicals.
- Open the windows or doors when using chemicals to prevent the fumes from burning your eyes or lungs.
- Don't smoke, use matches/lighters or place any open flames near chemicals. Keep the phone number

of the Poisons Information Centre by the phone: 13 11 26 (24hrs/7days a week)

Chanukah, Chagim, and Three Day Yuntifs/Yomin Tovim

Observances such as Chanukah and two- and three-day Yuntifs/Yomin Tovim can be high-risk times for burns and scalds. During these times, there is more hot food, hot water, and candle use in the house. Often there are guests in the home, including children. Be sure to share burn prevention information and your family's home safety practices with them.



GENERAL BURN SAFETY

Burns can last a lifetime. Follow the safety advice below to reduce the likelihood of burns happening in your home.

Scald burns

Scald burns can happen in any room of the house. They are especially common in the kitchen and bathroom. You can prevent them by:

- Keeping young children away from the stove, oven and microwave when they are in use.
- Heating baby bottles by placing them in a cup of warm water instead of using the microwave.
- When heating food in the microwave, use microwave-safe cookware with a cover that allows steam to escape.
- Setting the water heater temperature to a maximum of 50°C.
- Checking the water temperature to make sure it's not too hot before getting into the bath or shower.
- Avoid bathing babies, children, and adults with limited mobility under

running water that can become too hot too quickly.

- If using a humidifier, choose one that uses cool mist instead of hot steam.
- Keep hot food and drinks out of the reach of young children.
- Never place a hot drink in a cup holder of a pram or stroller when young children are present.

Contact burns

Burns from hot objects are very common, especially among children and older adults. Here are ways to prevent them:

- When using appliances that get hot, such as an iron, make sure the device and cord are out of the reach of children and placed where no one can touch or trip over it while still hot.
- Use oven mitts and pot holders when cooking at the stove, oven or microwave.
- Place beds and furniture at least one metre from radiators and heaters. Avoid placing an infant on an adult bed to prevent falling or rolling onto a radiator.
- Use a protective screen around a fireplace and handle it using a fire safe glove.
- Before getting into the car, check for hot seats and buckles. If you park directly in the sun, cover the seat with a towel or place a sunshield in the window.





- Keep children at least one metre away from the moving belt of a treadmill.

Electrical burns

When misused, electricity can be dangerous, causing fires, serious burns and other injuries. Here are ways to safely use electricity:

- To avoid overloading a single outlet, use a power board when plugging in multiple devices.
- Check all appliances with each use and replace them immediately if the cord damaged or the device is faulty.
- Disconnect electrical appliances and devices by pulling on the plug, not the cord.
- Switch off appliances at the wall before going to bed and when not in use.
- Place outlet covers into unused electrical outlets. Teach children not to touch electrical cords and outlets.

Chemical burns

We use chemicals in our daily lives for tasks such as cleaning. To stay safe when using chemicals, please follow this safety advice:

- Always read and follow the safety warnings before using chemicals



- Wear rubber gloves when using chemicals or cleaners. Store chemicals in the original bottles.
- Keep chemicals out of the reach of children in a locked cabinet.
- Never mix chemicals.
- Open the windows or doors when using chemicals to prevent the fumes from irritating your eyes or lungs.
- Don't smoke or use matches/lighters or any open flames near chemicals.
- Keep the phone number of the local Poisons Information Centre by the phone: 13 11 26 (24hrs/7days a week).

GENERAL FIRE SAFETY

In addition, here's some safety advice to keep you and your family safe throughout the year

To stay fire safe, follow this advice as well as what was previously mentioned:

- Almost 50% of fires in the home start in the kitchen. Always keep looking when cooking.
- Never use water to extinguish an oil or fat fire.
- Use aerosols (such as perfume, body spray, hair spray, bug spray, cleaning agents) away from matches, lighters, candles, stoves, pilot lights, lit cigarettes or any other open flames.
- If smoking, use deep ash trays and put out cigars/cigarettes in water. Check beds, furniture, and carpet for cigarettes and ashes which may have fallen.
- Never smoke in bed or when impaired by alcohol, medication, or drugs.
- Always keep a clear one meter radius from a heater and turn them off before leaving the room or going to sleep.
- Never use wheat bags in bed and follow manufacturer's instructions when heating.



- Leave fireworks to the professionals.
- Before using your barbeque (BBQ) grill, make sure all of the parts—including the gas cylinder—are clean from grease and oil and in good condition. If you notice any leaks, cracks, or breaks, replace the parts before using.
- Keep children and pets at least one metre from the BBQ during and after use. Use an insulated, fire retardant BBQ mitt and tools with long handles.
- Start the BBQ only after opening the cover.
- Keep a fire extinguisher in the BBQ area.
- Never use outdoor barbeques inside the home.

Contact your local fire station for more information or visit **[fire.nsw.gov.au](https://www.fire.nsw.gov.au)** for fact sheets on fire safety.



FIRE/EMERGENCY SAFETY PROCEDURES

You and your family can take steps to make sure you know what to do in case of a fire or any other emergency



Make and practice a fire escape plan with your family. Have a meeting place outside of your home.



Keep entry/exit routes within your home clear and free of clutter. Know two ways to escape from your room and house.



Call triple zero (000) in case of an emergency to reach the police, fire department, or ambulance



To exit during an emergency, always use the stairs—never use an elevator.



Once outside of your home, never go back in until you have been told by an official that it is safe to return.



SMOKE ALARMS

Smoke alarms can save the lives of you and your family and are required by law.

NSW legislation stipulates that smoke alarms must be installed on every level of your home even if there are no bedrooms located on a level.

- These alarms must be placed in hallways near bedrooms; however, if bedrooms are in different parts of the house, you must have alarms installed in each of these locations.
- In addition to the minimum requirement of one smoke alarm per level, Fire and Rescue NSW research recommends installing interconnected smoke alarms in all bedrooms and living spaces (including hallways and stairways) and even the garage.
- Test and clean your smoke alarms monthly and change the batteries at least once a year (end of daylight savings time) AND whenever the alarm “chirps” the low battery warning.

- Test your alarms a couple of days before the Sabbath to allow time for repairs and maintenance.
- In the event of a nuisance alarm, do not disconnect or remove working batteries.
- Replace smoke alarms every 10 years.

For more information on smoke alarms visit **[fire.nsw.gov.au](https://www.fire.nsw.gov.au)**



SPECIAL SAFETY CONSIDERATIONS

You and your family can take steps to make sure you know what to do in case of a fire or any other emergency



Make sure that your family's emergency escape plan accounts for any special needs that you or your family members may have, such as use of a wheelchair/cane or helping babies/young children to escape.

- If hearing impaired, install and maintain a flashing /vibrating smoke alarm.
- Some homes or buildings may have safety bars on windows or doors which should have an emergency release. Know how to use these devices in case you need to remove them quickly in an emergency.
- To help prevent burns and falls in the bathroom, install grab bars and use non-slip rubber mats in tubs or showers.
- Use a shower chair or stool when bathing if standing alone or for long periods of time is difficult.
- Place warning signs on the doors of homes where home oxygen is in use. Never smoke when an oxygen tank is in use.

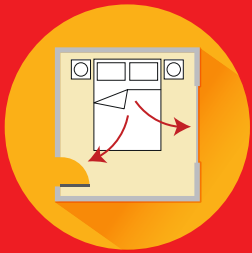


WHAT TO DO IF THERE IS A FIRE:

You and your family can take steps to make sure you know what to do in case of a fire or any other emergency



1. Stay calm.
2. Do not try to put out the fire.
3. Get down low and go! Crawl along the floor to exit.



4. Use your fire escape plan to get out right away. Do not bring belongings with you. Close the door behind you.



5. Call triple zero (000) from a safe location.
6. Get out and stay out! Do not go back inside until you have been told that it is safe to do so.



WHAT TO DO IF YOU GET BURNED:

You and your family can take steps to make sure you know what to do in case of a fire or any other emergency



1. Stop the burn

- Stop, drop, cover your face and roll if your clothes are on fire.
- Take off your clothes if they are soaked with hot liquids or chemicals.
- Remove the burned clothing.
- If the clothing is stuck, leave it.



2. Cool the area

- Use cool water on the burned areas. Avoid ice and cold water.

3. Clean the burn

- Keep the area clean and do not apply creams, ointments, butter, toothpaste, sprays or other home remedies.



4. Wrap the burn

- Cover the burn with a clean, dry cloth or towel.

5. Call for help

- Call for emergency medical help right away.

FURTHER INFORMATION

Visit fire.nsw.gov.au or contact your local fire station.



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