

## Media Release: National Burns Awareness Month

1 - 30 June 2023

### 20 minutes of cool running water is critical!

“If a burn or scald happens, it is critical that cool running water is applied to the area for 20 minutes. Correct first aid can make a significant difference in the rehabilitation and long-term outcome of a scald or burn injury”, said Jenny Branch-Allen, CEO Kidsafe Tasmania.

During National Burns Awareness Month, Kidsafe Australia, in partnership with the Australian & New Zealand Burns Association (ANZBA), is encouraging parents and carers to learn how to prevent burn injuries and to apply the correct first aid every time.

According to data from the Burns Registry of Australia and New Zealand (BRANZ), in 2020/21, **1,009 children under 15 were admitted to burns units** across Australia and New Zealand – **approximately 19 per week**.

The **primary cause of injury to these patients was scalds** (49%), in particular scalds from hot drinks such as tea and coffee and food (liquid or solid). The home or usual residence was the most common place of burns or scalds for both children and adult patients (76% and 58%, respectively).

The statistics also reveal that **26% of children and 43% of adults (≥16 years) did not receive the recommended best first aid treatment** for their injury, underlining the critical importance of community education on burn and scald first aid.

Jenny Branch-Allen, Kidsafe Tasmania CEO, stressed the importance of administering correct first aid immediately in the event of a burn or scald which should include:-

#### Prevention and treatment of burns and scalds

- Prevent burns and scalds. Learn more at: <https://kidsafe.com.au/national-burns-awareness-month/>
- Remove any clothing and jewellery from the burn area unless stuck to the skin.
- Cool the affected area under cool running water for **20 minutes**. Items like ice, oil or butter should never be placed on a burn.
- Cover the burn or scald with a clean dressing.
- Seek medical attention if the burn or scald is larger than a 20-cent coin or blistered.

For more information about National Burns Awareness Month and burns prevention and first aid resources, please visit:

- [Kidsafe Australia](#)
- [ANZBA](#) – The peak body for health professionals responsible for the care of the burn injured in Australia and New Zealand.
- Twitter - @BurnsAwareMonth
- Facebook - @kidsafeaustralia

#### About National Burns Awareness Month - June 2023

National Burns Awareness Month is an initiative of Kidsafe Australia, in partnership with ANZBA which is held in June, as there is a significantly increased risk of burns and scalds during winter. Kidsafe and ANZBA aim to raise awareness of burn and scald injury, prevention measures and the correct first aid.

A series of national educational and awareness initiatives will run throughout June 2023 to raise awareness regarding the prevention and correct first aid treatment of scalds and minor burns through social media.

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