Types of Burns:

1. **Open fire**
   - e.g. candles, cooking and braai fires.

2. **Fluids**
   - e.g. boiling water, tea, coffee and oil.

3. **Electrical**
   - e.g. electricity, lightning

4. **Chemicals**
   - e.g. pool acids, rust and paint removers, paraffin.

5. **Other**
   - e.g. stove plates, iron, primus stove, heater

6. **Sun**
   - Sunburn can cause serious damage to the skin.

First Aid for burns

What to do:

1. **Remove the victim to safety**
   - Remove person from the area/source of heat.

2. **Remove clothing**
   - Remove clothing from the burnt area. Do not remove if stuck to the skin.

3. **Cool the burn**
   - Run cool water over the burn or submerge the burnt area, for 10 – 15 minutes.

4. **Cover the burnt area**
   - Cover the burn with a clean non-sticking dressing or cloth. Do not apply anything to the burnt area and do not break blisters.

5. **Get further treatment**
   - Call an ambulance or take the victim to the nearest clinic, hospital or doctor for further treatment.

To receive Sanlam’s Takalani Sesame Parent Booklet absolutely FREE, just send your name, postal address and contact telephone number to:
Sanlam Effective Parenting FREEPOST CB 3388 PO BOX 439 SANLAMHOF 7532

Every year thousands of children suffer burn injuries and many die as a result of a burn. Burns take a second to occur and a lifetime to overcome.

Watch Takalani Sesame on SABC 1 & 2. Listen to Takalani Sesame on Ukhozi FM, Umhlobo Wenene FM, Motsweding FM and Thobela FM.
Preventing Fire

Fires and flammable liquids are a dangerous combination. Avoid this method of lighting a fire.

Extinguish all fires, candles, lamps, and heaters when leaving a room, house or before going to sleep.

The bedroom is not a safe place to smoke, especially in bed.

Avoid hanging clothes in front of fires or over heaters to dry.

Open flames like cooking fires, candles and paraffin lamps are dangerous. They should not be left unattended and children should not play near them.

What to do in the event of a fire:

1. Get out and stay out.
2. Crawl low under the smoke to exit. Air is cleaner on the floor.
3. Call the emergency services.
4. What to do if your clothes catch alight:
   - **SLOW** to the ground.
   - **ROLL** around to put out the flames.
   - A blanket or jacket may also help to smother the flames.

Preventing Burns from Fluids

Keep electrical cords short and out of reach.

Always pour cold water first (and always test the temperature) when pouring water into a basin, bucket or bath.

Turn the hot water cylinder down to approximately 50 degrees Celsius.

Always pour cold water first (and always test the temperature) when pouring water into a basin, bucket or bath.

Preventing Burns from Electricity

Keep spray cans, chemicals and other flammable substances away from heat and flames.

Install smoke alarms/detectors in your home to increase your family’s chances of surviving a fire.

Always have a bucket of sand or a fire extinguisher in the home (and do not use water on an electrical, fat or oil fire).

Preventing Burns from Electricity

Use safety plugs in wall sockets and fix faulty sockets or frayed electrical cords immediately.

Don’t overload power points or run electrical wires under carpets. This could start a fire.

Prevention is better than cure: