Cook on back burners and turn pot handles inwards
Getting started
- What could happen if a pot handle was sticking out from the stove or the pot was on the front burner?
- What are the safe things shown in this picture?

Activities
- Discuss the use of stove guards, stove knob covers and oven door locks and oven guards to help reduce burns.
- Check if the stove is attached to the wall and arrange repairs if necessary

Did you know?
- Children have been burned when they have stood on open oven doors to look at what is on top of the stove
- This has also lead to children being crushed when a stove (not attached to the wall) has fallen forward
Stay with the cooking all the time
KEY MESSAGE
It is important to stay with food while it is cooking to reduce chances of fire

Getting started
■ Why is it important to stay with the cooking all the time?
■ Do you know anyone who has had a fire in the kitchen?
■ How did it happen?

Activities
■ Discuss how a ringing phone, fighting children, and other things may distract parents when cooking
■ Discuss how hot oil is particularly flammable
■ Show a fire blanket and discuss use

Safety tip
■ If you have to leave the room, turn the cooking off.

Did you know?
■ 30% of house fires start in the kitchen
Keep children out of the kitchen when cooking
**KEY MESSAGE**
Keep children out of the kitchen when cooking

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**Getting started**
- How could children be injured when adults are cooking?
- What do your children do when you are cooking?

**Activities**
- Assist with the identification of strategies to keep children out of the kitchen during cooking e.g. a safety gate, close the door if there is another adult to supervise, use a playpen
- Discuss how supervision of the child is still necessary

**Safety tip**
- Prepare meals ahead while your child is sleeping

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| Links to card | 41 |
Keep cords, kettles and hot objects out of children’s reach
**KEY MESSAGE**

Keep cords, kettles, deep fryers and hot objects out of children’s reach

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**Getting started**

- What could happen to this boy if the cords were closer to the edge of the bench?

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**Activities**

- Discuss how hot water or oil could burn a child
- Use a thermometer to test the temperature of water from a kettle that has just boiled. Test the water from the kettle again after 20 minutes to show it could still burn

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**Safety tips**

- Buy a cordless kettle or use a cup hook to secure long cords and prevent them from dangling near the edge of the bench
- Always empty the kettle after drinks have been made

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**Did you know?**

- Water in a kettle can burn for 1/2 hour after it has boiled
Microwaved food and drinks can burn your child
### Getting started
- Do you ever use a microwave to heat or cook food?
- What could happen if the food was too hot?
- What parts of the child’s body could be burned?

### Activities
- Discuss the importance of stirring microwave food and testing the temperature before feeding to children/babies
- Discuss risks associated with heating bottles in a microwave

### Safety tip
- Use an appliance latch to stop children opening the microwave

### Did you know?
- Different microwaves have different strengths so 2 minutes in one may be okay, but 2 minutes in another may be too hot
Keep hot drinks away from children
KEY MESSAGE

Keep hot drinks away from children and never nurse a child while having a hot drink

Getting started
- Have you ever spilt a hot drink on yourself?
- What is the little girl in the photograph trying to do?
- What could happen if she was able to reach it?

Activities
- Discuss the risks associated with table cloths, placemats and table runners
- Encourage breastfeeding parents to have a cool drink while breastfeeding

Safety tip
- To prevent hot drink spills at home use a travel mug with a secure lid

Did you know?
- A hot drink stays hot enough to scald a child for over 20 minutes
- A cup of hot tea/coffee on the body of a baby or small child is equivalent to a bucket of boiling water on the body of an adult
Keep the iron out of children’s reach
### KEY MESSAGE

Keep irons and their cords out of reach when they are being used or cooling down

### Getting started

- Have you ever been burned by an iron?
- Do you remember how much it hurt?
- How could your child be hurt by an iron?

### Activities

- Discuss ways children have been burned by irons
- Discuss current storage arrangements and assist to identify a more suitable option if necessary
- Never leave ironing unattended

### Safety tip

- Put your child in a playpen while you iron or put yourself and the ironing in the playpen. Wait until your child is asleep to iron

### Did you know?

- Irons are a common cause of contact burns in children under five years. Many iron burns require skin grafts and ongoing treatment
Place a fixed guard around the heater or fire
KEY MESSAGE
If an adult cannot comfortably hold their hand on a heater for 10 seconds it could burn a child and requires a guard

Getting started
- What heaters do you have in your home?
- Do they get hot to touch?
- How could your child be burned by a heater?

Activities
- Carry out the ten second test on heaters and heater guards in the home
- Discuss how the children pictured are sitting a safe distance from the heater, even though the heater has a guard
- Look at examples of children’s clothing, nightwear and baby rugs. Discuss the varying fire risks of different styles and fabrics

Safety tip
- When shopping for clothes, pyjamas and baby rugs for your child, always ask the shop keeper if they are low fire risk

Did you know?
- Clothing and hair can ignite from being close to a heater
- If a heater guard is located too close to the heater it can get almost as hot as the heater and is still a safety risk
Lock matches and lighters away from children
KEY MESSAGE
Matches and lighters must be kept up high and locked away from children

Getting started
- What is the father in the picture doing?
- Why is this important to keep children safe?

Activities
- Discuss how children love to imitate adults and even very young children can work out how to use a lighter or matches
- Discuss how children can be injured if their clothing catches alight or a house fire is started
- List the other places matches & lighters are kept including cars & handbags

Safety tip
- Have a safe place up high where all matches and lighters are kept, even those of visitors

Did you know?
- 1 in 4 house fires are started by children playing with matches
- Children have been killed while playing with matches/lighters in cars

Links to card 21
Candles and oil burners can cause fires
Getting started
■ Do you ever burn candles or oil burners?
■ How could these be dangerous?
■ What are some ways of making them safer?

Activities
■ Discuss how candles and oil burners could cause a house fire
■ Discuss how children can burn themselves on candles and oil burners
■ Find a safe place in the home to place candles or oil burners which is out of children’s reach and away from flammable items such as curtains, papers etc
■ Identify suitable non-flammable dishes or candle holders

Safety tip
■ Only use candles when you are present and extinguish candles before leaving the room.
Check the bath water is at 37°C
Getting started

- Why is it important to check the temperature of the bath water?
- What are different ways we can do this?

Activities

- Practice running a bath safely
- Practice testing the temperature of water using a thermometer and forearm

Safety tip

- To safely run a bath run cold water first, then add the hot water. Always run a dash of cold water at the end to cool the tap. Never leave a running bath unattended

Did you know?

- Hot water burns like fire!
Keep hot taps out of reach
KEY MESSAGE
Use tap covers to stop children playing with taps

Getting started
■ How could the boy in top the picture hurt himself?
■ What is safer about the bottom picture?

Activities
■ Discuss the risks associated with children playing with taps
■ Discuss how very young children can turn on taps, even taps that adults have turned off tightly
■ Demonstrate with a cover how easy it is to use and the importance of putting them back on – they need to be there all the time except when mum and dad are filling the bath.

Safety tip
■ For a low cost alternative to tap covers cut a cross in a sturdy 2 litre juice bottle and place over the tap

Did you know?
■ Hot tap water at 68°C takes less than a second to burn through every layer of a child’s skin. At 50°C it takes five minutes. See facilitator’s notes for more information