



# Burn Awareness Week

BC's Burn Awareness Week is sponsored by the BC Professional Fire Fighters' Burn Fund

## Burn Prevention Safety Tips

For Teachers and Parents of Children from Pre-School to Grade Seven

**Harry the Hydrant says:  
Know What to Do if You are Burned!  
Stop, Drop, and Roll & Cool a Burn**

**STOP, DROP, AND ROLL:** Teach and practice '**STOP, DROP, and ROLL**'. If a child's clothes catch on fire, they **STOP** where they are, cover their face with their hands (unless their hands are burning), **DROP** to the ground, and **ROLL** over and over until the fire is out.

Rolling smothers the flames by removing oxygen. Covering the face with hands prevents the flames from burning the face and helps keep heat and smoke from reaching the child's lungs. The Stop, Drop, and Roll procedure will extinguish the flame and reduce burn injury.

**Activity-** Use a piece of red felt cut in the shape of fire, and place it on the child to simulate real fire. Then practice the stop, drop, cover the face with their hands and roll procedure.

**Activity-** Divide the class into groups. Each group can choose a popular song and write new lyrics to teach and reinforce the "stop, drop, and roll" procedure. They can then develop a dance to go along with the new song. Each group will teach other students their new "stop, drop, and roll" song and dance.

**Cool a Burn:** Children need to know the correct procedure for cooling a burn injury. The burn is to be placed in, or flushed with, cool water within seconds of a burn injury. Keep it there for 10 to 15 minutes. NEVER use ice, ointments or butter. Tell children to immediately seek assistance from an adult if they are burned. If the burn injury is severe, immediately seek emergency assistance. Instruct children how to dial 9 -1-1, or your community's local emergency number.

Young children have thinner skin than adults. They will sustain more severe burns at lower temperatures and in a shorter period of time. Exposure for just five seconds to water which is 60° C (140° F) (the temperature of the average home's hot water as it comes from the tap) can result in a full thickness or third degree burns, which would require hospitalization and skin grafts.

First-Degree Burn: redness of skin with some pain

Second-Degree Burn: red and blistered skin, more intense pain

Third-Degree Burn: White or charred skin with possible first and second degree burns around the affected area. With major third-degree burns pain may not be as intense due to the destruction of nerve endings located in the burned area.

**Watch "Stop, Drop, and Roll" and "Cool a Burn" animation videos on the Burn Fund website at [www.burnfund.org/BAW](http://www.burnfund.org/BAW).**

