

# BURNS AND SCALDS IN SCHOOLS

## Guidance for Parents

If your child has been burned or scalded at school, it can feel worrying.

This guide explains what school staff do in the moment, and how to support your child's recovery at home.

## What school staff do in the first few minutes

When a child is burned or scalded at school, staff are trained to act quickly and calmly. Here is what happens:

- The pupil will be moved away from the source of heat and helped to a safe place.
- The burn will be cooled under cool or lukewarm running water for 20 minutes. This is the most effective first aid treatment for a burn.
- Any clothing or jewellery near the affected area will be carefully removed where appropriate, unless it is stuck to the skin.
- The pupil will be kept comfortable, reassured and supported throughout.
- The burn will be covered with a clean dressing to help protect the area.
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## What you can do at home

In most cases, a minor burn or scald will heal well with simple care at home over the following days.

### The NHS recommends:

- Keeping the area clean, protected and out of direct sunlight while it heals.
- Applying an unperfumed moisturiser and giving age-appropriate pain relief where needed.
- Leaving any blisters intact, as they help protect the skin and reduce the risk of infection.

## When schools will seek further medical help

We may seek urgent medical advice if:

- The burn is large or appears severe.
- It affects a sensitive area such as the face, hands, feet or genitals.
- It was caused by a chemical or electrical source.
- Your child shows signs of shock or is feeling particularly unwell.
- Your child is under five years old, as younger children are more vulnerable to serious burns.



## How burns and scalds can happen in school

Most burns and scalds seen in school are minor and respond well to prompt first aid.

They can happen during everyday activities, including practical lessons, hot drinks, and time spent outdoors in sunny weather.

School staff are trained to respond quickly, helping to keep pupils comfortable and support their recovery.

## Further information and support

- NHS 111 – for non-emergency medical advice and guidance.
- Your GP – if the burn does not appear to be healing, becomes more painful, or shows signs of infection.
- 999 – if your child becomes seriously unwell, or you believe the injury requires emergency treatment.

