



### Instructor Guide

#### Scalds and Burns

##### Topic Overview (why the topic is important to the students)

Each year, about 400 young workers in British Columbia suffer burns or scalds in kitchen accidents. About 8 of these involve 3<sup>rd</sup> degree burns, requiring hospitalization and cosmetic surgery. All scalds and burns are preventable.

##### Demonstration and Discussion Topics

- **Discuss** scald and burn hazards in the kitchen, including hot surfaces, hot foods/liquids, open flames, and hot oil.
- **Tour the kitchen** with the students, pointing out these hazards.
- **Distribute** the student handout.
- **Use** the student handout as your discussion guide.
- **Discuss** how scalds and burns can occur, and that scalds (hot water burns) are as bad as fire burns.
- **Remind** students that they need to be alert (not groggy or sleepy) at all times in the kitchen.
- **Explain** what can be done in the workplace to minimize the risk of scalds and burns (e.g., non-skid flooring, hot liquids at waist height).
- **Emphasize** that good housekeeping is mandatory. Make sure all students are trained in how to keep their work areas clean.
- **Make it real.** Tell at least two stories of injuries from your experience or use the following examples:
  - A young worker in a Lower Mainland restaurant was moving a pot of boiling water when another worker distracted her. She turned quickly, spilling the water. She suffered second degree burns to her legs.
  - A worker reached to put a lid on a casserole that had just come out of the oven, forgetting that the lid had also just come out of the oven. He burned 3 fingers and his palm.

- **Discuss** the attitude that “it won’t happen to me”. Remind them that an injury can and will happen if they take shortcuts or are careless.
- **Instruct** the students to identify and report any safety concerns about burn or scald hazards.
- **Answer** any questions or concerns they might have.
- **Set a good example** by working safely at all times.

##### Resources

- Preventing burns and scalds  
[http://www2.worksafebc.com/PDFs/SafetyBulletins/StartSafe/kitchen/rc\\_tip3.pdf](http://www2.worksafebc.com/PDFs/SafetyBulletins/StartSafe/kitchen/rc_tip3.pdf)
- That’s Gotta Hurt poster  
[http://www.worksafebc.com/publications/health\\_and\\_safety/posters/assets/pdf/poster\\_0201.pdf](http://www.worksafebc.com/publications/health_and_safety/posters/assets/pdf/poster_0201.pdf)