

# Hot Noodle Burn

## Burn Prevention Factsheet



Instant hot noodles are a convenient and cost-effective meal option that demands minimal preparation, making them particularly appealing to children. They are available in various formats, including stove-top or microwave packets and instant bowls or cups that require the addition of boiling water.

Data from the Burns Registry of Australia and New Zealand (BRANZ) for the years 2022-2023 reveals a significant finding: approximately **75.6% of burn injuries affecting children occur within their own homes**, and a notable **52.5% of these cases are attributed to scald burns**.

Burns linked to the consumption of hot noodles occur most commonly when:

- Young children reach up and accidentally pull containers from countertops.
- Handling hot noodles, particularly when removing them from microwaves, especially those positioned at height or containers with substantial hot liquid content.
- Engaging in other activities during noodle consumption, such as watching television, which increases the risk of accidents.
- Placing hot noodle bowls in the lap when eating.

It's important to emphasize that hot noodles **retain their scalding temperature immediately after preparation**, particularly when cooked on a stovetop or in the microwave. Additionally, they **cool down at a relatively slow rate**.

Among younger children, this can cause burns to the face, chest arms and hands.

In the case of older children and adults, the risk extends to burns on the lower body and legs, as well as sensitive areas like the genital and buttock regions.

### Do This



- 1** Ensure that saucepan handles are turned away from the stove's edge.
- 2** Make certain that the noodle container or dish is positioned well out of children's reach.
- 3** Always strain the hot liquid from cooked noodles before serving.
- 4** Consume noodles at a table instead of holding them on your lap.
- 5** Provide **active** supervision when children are eating noodles.

### Not That



- 1** Avoid leaving young children unsupervised when hot noodles are present.
- 2** Do not permit young children to cook noodles without supervision.
- 3** Always use microwave-safe containers when heating or cooking noodles in the microwave.
- 4** Prevent children from handling hot noodles when removing them from microwaves.
- 5** Refrain from consuming noodles directly from a container placed on your lap.

## Burn First Aid

If you are a first responder or sustain a burn injury, remember that **water cooling** is the gold standard first aid response.

Remove clothing and jewellery.

Apply cool running water to the burn for 20 minutes (effective up to 3 hours after injury).

Cover the burn with a clean, lint-free cloth and keep the patient warm

Seek medical attention for any burn bigger than 3cm; or with blisters or if any other concerns

Remember – high-quality burns care starts with first aid

