

Too Hot to Handle: Instant Noodle Burns in Children

Mechanism of Injury:

Young children tended to knock over noodle containers during preparation. Older children usually scalded themselves whilst eating.

Data:

In the six years from 1997 to 2002, 1633 children were treated for burns at the Royal Children's Hospital.

- 3% of all burns were from hot noodles
- Average age: 5 ½ years
- Male : Female = 1.5:1
- 93% were supervised by an adult
- Area of body most affected: Arms, abdomen, genitals and thighs
- 7% required skin grafting

Prevention Message:

- Supervision alone is not enough
- Noodles should only be given to children when they are cool enough to touch
- Our own studies show that the transfer of the noodles to bowl allows the noodles to cool faster
- Young children should not be involved in the preparation of hot noodles
- Hot items and containers containing hot liquids should be placed out of their reach
- Older children should be closely supervised when preparing these meals
- Eating at the table instead of on their lap would reduce the chances of spillage
- Manufacturers should consider placing a warning on the packaging



PREVENTION



**Hot noodles are safest eaten
at the table**

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