

Hints and Tips for avoiding scalding

Always test the temperature of bath or shower water (with your hands) before stepping in, but please bear in mind that your hands can tolerate warmer water than your feet/lower legs therefore the water should feel slightly cool to your hands – this could prevent scalding.

Warning:

If you have a lack of sensitivity in one of your feet or hands do not put this into water first – always start by testing the temperature of the water with your good hand or foot.

If you are not confident checking the temperature with your hands or feet, then you could ask a relative or carer to check the temperature for you, or alternatively you could use a thermometer instead.

If you are washing-up, rubber gloves can help reduce your sensitivity to the heat but you still need to be careful not to have the water too hot.

If you use an insulated mug or feeder cup with an integral straw you must be particularly careful as you will not be aware of how hot the liquid is inside.