**RoSPA CASE STUDY – PHOTOS AVAILABLE ON REQUEST**

**Carly, 37, is a carer living in Northamptonshire. She says:**

Cooking a roast chicken, I poured oil in a roasting tin and placed it in the oven to heat. A few minutes later, without thinking I grabbed a tea-towel to retrieve the hot tin from the shelf and somehow my hand fumbled, the tin fell and boiling hot oil covered my left arm.

The pain took a second to register before I screamed out loud. I called my brother-in-law James who is a paramedic. My arm was already red and swelling and he advised me to keep it under cold water for half an hour, bandage it and go to A&E. I’m afraid I ignored his advice as I was due to go on holiday. I stocked up on painkillers but my arm was swelling to two or three times its size and seeping. By the time I got home, I realised I couldn’t waste any more time and went to A&E.

At the hospital the nurse said she would have to debride the burn, clearing up all the dead bits of skin. That was almost more painful than the burn itself. But she bandaged it up and said I’d need to keep having the dressing changed every two days at the GP.

I had to take two weeks off work which meant I wasn’t paid and my colleagues had to cover my care shifts. I struggled to drive, which meant roping in friends and school mums to help me get the children to school and meant I had to order food online. I was also really nervous about cooking and consequently we ended up having more takeaways – costly in both a health and finance sense. I found it incredibly difficult to even do simple things like showering or washing up for several weeks.

**ends**