22/10/2025

Parent & Carer Alert: The "Salt & Ice Challenge"

Dear Parents/Carers,

Please see the following message below from the Barnet Safeguarding Team:

A dangerous online trend is resurfacing where children put salt on their skin and press ice on top.

- This causes serious cold burns (like frostbite).
- Injuries can need hospital treatment and even skin grafts.
- Young people may not realise the damage until it's too late.

First Aid: warm area with immersion in warm water for 30 – 60 minute, cover with clean cling film, and seek medical help.
Do NOT Rub or massage the area to avoid further tissue damage, Do Not use ice, creams, or fluffy dressings.

Kind Regards,

The Squires Lane Learning Federation Safeguarding Team