**Burns & Scalds**

**First Aid**

- **Stop, Drop and Roll** the casualty to put out the flames
- **DRABC**
- Cool the burn under cold running water for a minimum of 15 minutes
- Remove items of clothing/jewellery likely to retain heat
- Cover with a loose sterile/clean dressing e.g. handkerchief; pillowcase
- Elevate burnt limbs
- Treat for shock > See Also **Shock**
- **Get Help**

**DO NOT**

- apply creams/lotions to major burns
- break blisters
- peel off clothing that sticks to skin
- use fluffy materials as a dressing e.g. cotton, wool, towels, etc.

**Reminder**

- **FACE & NECK BURNS**
  - Suspect airway burns especially if voice is hoarse, facial hairs are burnt or breathing noises exist
  - Apply a cold compress to the throat
  - Treat for shock > See Also **Shock**
  - **Get Help** - URGENTLY

**Observe**

- Red swollen skin
- Blisters
- Pain
- Clear yellow fluid from the burn
- Damaged and missing skin
- Shock:
  - Pale, cold and sweaty skin
  - Rapid and weak pulse
  - Rapid and shallow breathing
  - Nausea/Vomiting
  - Anxiety
  - Becoming drowsy and sluggish

**Cooling the burn under running water for at least 15 minutes.**

After cooling with cold running water a loose sterile dressing can be used to cover burn. A loose bandage may be used to keep dressing in place.
**CHEMICAL BURNS**
- Wash with cool running water for at least 20 minutes
- Remove contaminated clothing immediately
- Identify the chemical for medical personnel
- Get Help

**ELECTRICAL BURNS**
- Remove power source
- Cover with a dry dressing
- Look for entry and exit burns
- > See Also Electrocution
- Get Help

**HAND & FEET BURNS**
- Remove all rings, jewellery and watches before swelling occurs
- Keep fingers or toes separated with dressings if possible
- Elevate limbs
- Treat for shock > See Also Shock
- Get Help

For chemical burns wash affected area with cool running water for at least 20 minutes.

For electrical burns cover the affected area with a dry dressing.

It's important to remove all rings, jewellery and watches before swelling occurs.
BURNS & SCALDS

There are many causes of burns: Dry heat (fire), Moist heat (steam), Molten Material (tar, metal), Chemicals, Electricity and Radiation (sun).

The seriousness of a burn depends on the: amount of body surface burned; location of the burn; depth of the burn; general health and age of the casualty.

Medical attention is always required when a burn:

- Covers a large area (greater than a 10 cent coin)
- Is deep or the burn appears charred
- Is located on the face, throat, hands, feet or genitals
- Is caused by chemicals or electricity
- Is received by an infant or an elderly person.

Airway damage should be a major concern for any First-Aider treating a burns casualty. Burns to the throat or inhaled hot air cause swelling of the airways and breathing difficulties. Apply a cold compress to the throat area and arrange for URGENT transport to hospital.

Generally, cool the affected part until it returns to normal body temperature. Immediately remove jewellery as this may retain the heat and will cut off circulation if the limb swells. Cut around clothing if it sticks to the wound.

Be mindful not to cause further injury when removing clothing that is saturated with chemicals or hot water as these will burn the skin they touch.

**DO NOT** break blisters as these help the healing process.

### TYPES OF BURNS

**Superficial Burn**
- Top layer of skin
- Redness

**Intermediate Burn**
- More layers of skin
- Redness
- Blisters

**Deep Burn**
- All layers of skin
- White/waxy or blue/black
- Blisters
Cover the burn area with a clean, non-stick dressing to avoid infection.

Burns casualties often have trouble regulating their body temperature and will start to shiver. This generates more heat. After the burns are covered, be prepared to wrap the casualty in an emergency rescue blanket.

Avoid infecting the wound by wearing gloves and not breathing or talking over the wound.

Electrical injuries can cause two burn sites, one where the electricity entered the body and one where it exited it.

Burn creams may only be applied to minor burns, only if no blisters are present, according to the instructions on the label AFTER cooling with water.