BURNS AND SCALDS

FIRST AID ACCIDENT AND EMERGENCY

SEEK MEDICAL AID URGENTLY BY CALLING 000 IF:

- The burn is deep, even if the patient does not feel any pain
- The burn is larger than a 20 cent piece
- The burn involves the airway, face, hands or genitals



1. **Follow DRSABCD**

2. **If clothing is on fire STOP, DROP, ROLL:**
   STOP the patient from running around
   DROP the patient to the ground and wrap in a blanket, coat or similar
   ROLL the patient along the ground until the flames are smothered.

3. **If the patient has hot water or oil burns, you may need to:**
   Remove effected clothing if covered in hot oil or water.

4. **Cool the burnt area under cold running water for 20 minutes**
   This applies to thermal burns, scalds, electrical, bitumen and chemical burns.
   If a burn is to the eye, flush the eye with water for 20 minutes.

5. **Remove any constrictions**
   Remove clothing and jewellery from burnt area, UNLESS sticking to the burn. This may mean you need to cut clothing around stuck area.

6. **Cover burn**
   Place sterile, non-stick dressing or wet dressing over burn (e.g. aluminium foil or plastic wrap).

7. **Seek medical aid**
   Reassure and calm the patient
   Prepare to treat for shock by laying the patient flat and calling 000.

For all your first aid training supplies and services, contact us at

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