

Burns and Scalds

If clothing is on fire:

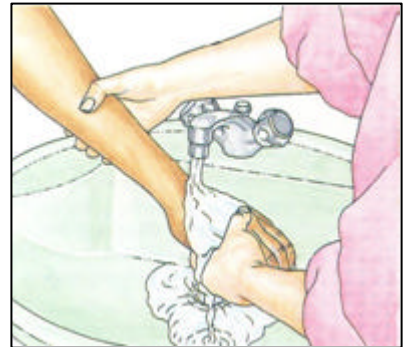
1. Lie the casualty down (with the burning side up) and put out the fire with water.
Or
2. Lie the casualty down, wrap the casualty tightly in a coat, curtain, non-cellular blanket or rug and roll.
(STOP, DROP, WRAP and ROLL)

DO NOT

Try to smother the flames by using nylon / materials which will melt.

The EMERGENCY AID for burns and scalds is:

1. Cool the injury under slowly running cold water for at least 10 minutes (or until the pain goes away).
2. Gently, remove anything tight (rings, watches, clothing etc) before swelling takes place.



**DO NOT REMOVE
ANYTHING WHICH IS
STICKING TO A BURN.**



3. Cover the area with clean, non fluffy material, plastic bag or kitchen film.
4. Immobilize a badly burn limb.
5. Treat for shock

**DO NOT APPLY ANY LOTIONS, OINTMENTS OR FAT TO THE INJURY.
DO NOT BREAK BLISTERS OR REMOVE LOOSE SKIN FROM THE INJURED AREA.**

Chemical burns:

1. Flood the affected area with slowly running cold water for at least 10 minutes.
2. Gently remove any contaminated clothing (making sure you do not contaminate yourself)
3. Cover the injury, immobilize it and treat for shock (as with other burns)

