

First Aid for Burns and Scalds

1. Stop the burning process:

Remove person from the source of the burn if safe to do so

Apply "**Stop, Drop and Roll**" method if person is on fire

Extinguish burning clothing using water or smother flames with a blanket/rug

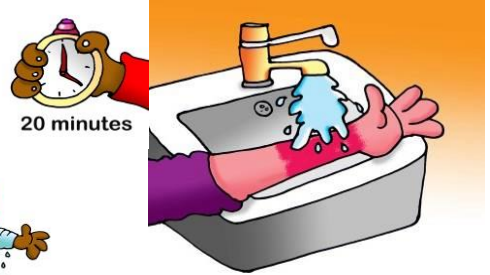
2. Cool the Burn

Apply cool tap water to the area for 20 minutes

Cooling can be effective for up to 3 hours

Do not cool the burn with ice

Keep the patient warm but cool the burn



3. Remove Clothing and Jewellery immediately:

Remove constricting clothing, rings, watches or jewellery

near or on the burn. If stuck or melted to the burn do not remove

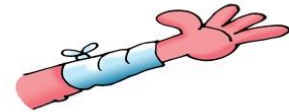


4. Cover the burn

Apply cling film to the burn



loosely wrap



or apply clean cloth or non-adherent dressing if cling film not available

Burn gel wraps may provide useful analgesia. Apply only after first aid cooling

5. Do not apply Cling film to face

Do not burst blisters or tamper with the burn

Do not apply any lotions, ointment, toothpaste or butter/fat



6. Call for help if you are worried about your burn injury

Seek medical advice – Call 999, 111 or contact your local GP or go to your nearest Emergency department

