

BURNS

Burns and scalds are among the most serious and painful injuries. They can be caused by fire, hot water, steam, oils, electricity, chemicals, radiation, or hot surfaces.



Important Actions!

Check Safety



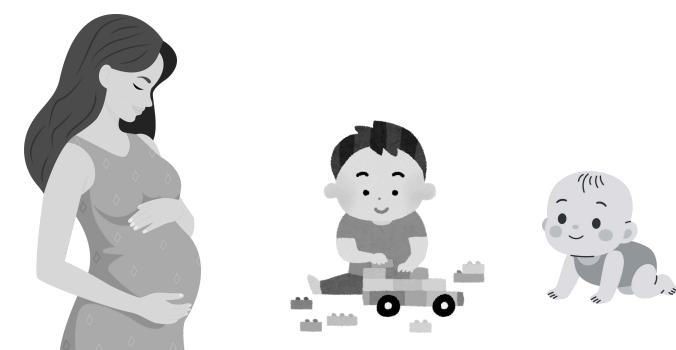
Make sure the area is safe for both you and the injured person before treating.

Protect Yourself



Always use barriers, such as disposable gloves, to protect both you and the casualty.

Those At Risk



Children under 5 and pregnant women are at greater risk from the effects of burns, and must seek medical attention after a burn.

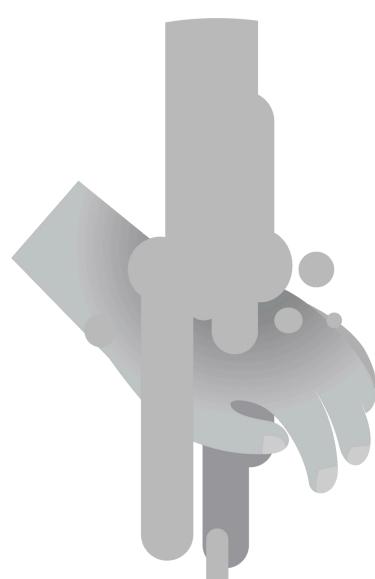
How To Manage Burns



Remove

Remove any clothing, watches or jewellery around affected area if possible, in case of swelling.

Leave anything that is stuck to the burn.



Cool

Cool the burned area under cold, running tap water for 20 minutes!

Do not use ice to cool the burn.



Cover

After 20 minutes of cooling, cover the burn with a sterile, non-fluffy dressing.

Use clingfilm if you don't have an appropriate dressing.



Do Not...

Don't use creams, butter or ointments on the burn.

Don't burst any blisters! This may risk infection.

Don't use adhesive dressings on the area.

DISCLAIMER: The information in this poster is not a substitute for proper First Aid Training.

Visit our website www.vitalfirstaidint.com for quality First Aid Kits and Training info