

# 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.



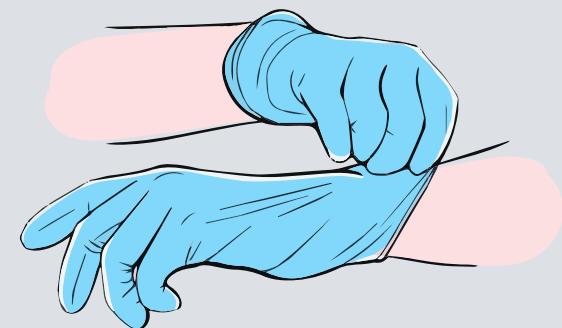
## Important Actions!

### 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.

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