BURNS

IN CASE OF FIRE

If on fire: Stop, drop, cover and roll. Smother flames with a blanket.
Turn off power. Move to a safe area. Do not enter a burning or toxic atmosphere.
Raise the alarm - Call for help.
Do not fight a fire unless trained and safe to do so.

SIGNS & SYMPTOMS

Around the burnt area:

- Pain, blistering, red to black marks.

Significant or severe burns are burns that are:

Any of the following:

- Deep in to the skin.
- Covering a large body area.
- On face, hands, feet, genitalia, joints.
- All the way around a limb or the chest.
- Inhalation - i.e. singed nasal hairs, and eyebrows, blackness around the nose and mouth, coughing, hoarse voice, breathing difficulty.
- Chemical and electrical.
- In the very young or very old, or those with existing medical disorders.

Other injuries:

- Look for other injuries e.g. fractures, bleeding.
- Swelling of airways.
- Breathing difficulties.
- Reduced responsiveness, reduced circulation, shock and poor vital signs.
- Watch for cardiac arrest.

ASSESS AIRWAYS, SEVERITY, OTHER INJURIES

SEVERE BURNS - CALL 000

Monitor - Be prepared for CPR
Move to water supply
Put on gloves

COOL TAP WATER

Lots of it, for at least 20 minutes*

ELEVATE THE AREA

Remove rings and tight clothing before swelling occurs.

COVER THE BURN

Loose, light non-stick dressing

TREAT OTHER INJURIES

Keep the casualty warm and at rest

Ensure Safety for Self and Others

Dial Triple Zero (000) for an Ambulance

* Hydrogel may be used if water is not available.
Water and hydrogel stop the burning process.
DO NOT peel off stuck clothing.

DO NOT break blisters, apply lotions, ointments, creams or powders.

Use clean, dry, lint-free materials, i.e. plastic wrap, handkerchief, sheet or pillowcase.

A trained person should provide oxygen for smoke inhalation and face burns.

Cool bitumen burns with water for 30 minutes.

For chemical burns, consult the substance container and the SDS and call 000 and the Poisons Information Centre 131126

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