

BURNS & SCALDS

Managing burns and scalds

WARNING

DO NOT apply lotions, ointment or fat to burns.

DO NOT touch injured areas or burst any blisters.

DO NOT remove anything sticking to the burn.

Manage patient for **SHOCK** if burn is large or deep.

SEEK MEDICAL AID URGENTLY IF:

- burn is deep, even if patient does not feel any pain.
- a superficial burn is larger than a 20 cent piece.
- the burn involves airway, face, hands or genitals.
- you are unsure of the severity of the burn.

Management

1. Follow **DRSABCD**.
2. **Extinguish burning clothing:**
 - STOP DROP AND ROLL
 - ▼ pull patient to ground
 - ▼ wrap in blanket, jacket or similar
 - ▼ roll patient along ground until flames extinguished.
 - if a scald, quickly remove patient's wet clothing from affected area.
3. **Hold burnt area under cold running water for 20 minutes, for:**
 - thermal
 - scalds
 - chemical
 - bitumen
 - electrical.
4. **Remove jewelry and clothing from burnt area unless stuck to the burn.**
5. **Cover burn with a non-adherent dressing.**
 - or aluminium foil, plastic wrap, or a wet clean dressing.
6. **Seek medical aid.**

In an emergency, call triple zero (000) for an ambulance

For more information on St John first aid training and kits, visit www.stjohn.org.au or freecall 1300 360 455