

Burns

Treating burns quickly and appropriately is vital and makes a **huge** difference to the extent and speed of recovery. Prompt and appropriate first aid can significantly reduce pain and scarring.

How to treat a burn:

1. Carefully remove any loose clothing covering the burn.

Do not remove any clothing that has stuck to the burn.

2. Put the affected area under cool running water for **minimum** 20 minutes. Ideally longer.



Remember you are **cooling the burn not the casualty** so just cool the affected area under water. Keep the rest of the casualty as warm and dry as possible.

3. Call 999 if:
 - A large area is affected (larger than a 50p piece for a baby)
 - The skin is broken or blistered
 - The casualty is showing signs of shock
 - The casualty is a young child or elderly person and the burn is severe enough to require dressing
4. Keep the area under water while you wait for the ambulance to arrive.

Never:

- Remove anything that has stuck to a burn
- Touch a burn
- Burst blisters
- Apply any creams, lotions or fats
- Apply tight dressings, tapes or use anything fluffy



NOTE

Burns to the hands, face, feet, genitals, airways, or a burn that extends all the way around a limb, are particularly serious.

Cooling the burn is the most important. A burn should never be dressed until it has been properly cooled for at least 20 minutes – ideally longer.

For chemical burns you should cool for at least 20 minutes. Ensure you wash the contaminant off away from the casualty and you protect yourself from splashes too.

All burns should be assessed by a qualified health professional.

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It is strongly advised that you attend a practical first aid course with us to consolidate this knowledge. Our team of highly experienced medical, health and emergency services professionals would be delighted to come and run a course to suit your requirements and budget. Please visit <https://firstaidforlife.org.uk> or call 0208 675 4036 for more information about our courses.

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