



First Aid



What to do if Someone has a Burn



If somebody has been burnt by something hot, the most important thing is to cool down the burnt area using water.



Very carefully remove any loose clothing which is covering the burn. Put on gloves if possible.



Do **not** remove anything that is stuck to the burn.



Put their burn under cool running water (you could use a tap or a hose).



Hold the burn under the water for **a full 20 minutes** (it is best if you time this). Try to keep the rest of them dry and warm by giving them a jumper or a blanket.



If the burn is really big and painful you need to phone 999. Always tell an adult what happened & get burns seen by a health professional.

Suitable for:

- KS1 ✓
- KS2 ✓
- KS3 ✓