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Foundation

# Burns First Aid Factsheet

## IF ON FIRE

- **Stop, Drop** to the ground, **Cover** face & **Roll** so fire is smothered
- Smother flames with a fire blanket
- Move away from heat source

## REMOVE clothing and jewellery

- Clothing can hold heat on the burnt area
- If swelling occurs jewellery can stop blood flow to the burnt area

## COOL with running water

- For at least **20 minutes**
- If running water not available, wet 2 cloths and **alternate** them onto burn **every 2 minutes**



## DO NOT USE

- Ice
- Butter
- Toothpaste
- Creams

## COVER

- the injury with **clean** lint-free cloth

## POSITION patient

- **warm** the patient and **cool** the burn

## SEEK medical attention

- if burn looks pale and is larger than a 20 cent piece
- if burn on face, hands, feet or groin area
- if blisters occur
- if any concerns