

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