

Prevention of Campfire Burns

Factsheet

- Flame burns from campfires are the most common cause of burn injury to young adults in Australia*, and often caused by flammable liquid being added to the campfire.
- These burns typically occur in men aged 15 -35 years, but can happen to anyone.
- Burns usually occur to the hands, arms and legs and are often extensive requiring admission and surgery.

*Data obtained from Burns Registry of Australia and New Zealand (BRANZ) 2020



- ✓ Do check fire regulations before lighting a campfire
- ✓ Do clear an area around the campfire
- ✓ Do use a ring of stones to mark out an area around the campfire
- ✓ Do use a portable fuel stove rather than an open fire if possible
- ✓ Do light campfires in designated places only
- ✓ Do extinguish fires completely with water before going to bed and when leaving the site
- ✓ Do extinguish cigarette butts completely and take them with you



- ✗ Do not add accelerants of any type to a smouldering or lit campfire
- ✗ Do not throw aerosols into a campfire
- ✗ Do not throw non-combustibles into fires
- ✗ Do not allow children to be unsupervised near a campfire
- ✗ Do not cover campfire with sand or dirt
- ✗ Do not light fires during a Total Fire Ban
- ✗ Do not light campfires on windy days



First Aid for Burns

If you, or someone you know is burnt, take the following actions:

1. Remove clothing and jewellery
2. Apply cool running water to the burn for **20 minutes** (effective up to 3 hours after injury)

Spraying water or alternating wet cloths can help if limited water
If no water available a hydrogel burn first aid dressing can be used until water available.

Caution use on large %TBSA due to hypothermia

Do NOT use ice, butter, creams or alternatives

3. Cover burn with clean cloth and keep the patient warm
4. Seek medical attention for any burn bigger than 3cm; or with blisters; or if any other concerns