

Burn 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 (including nappies)

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

Apply cool running water

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

After first aid cover burn with clean cloth and keep the patient warm

Give pain relief if required

For first aid do not use

- ✗ Ice
- ✗ Butter
- ✗ Toothpaste
- ✗ Creams
- ✗ Bandage

These do not cool the burn



Seek medical attention

- ✓ For any burn bigger than 3cm, or with blisters
- ✓ If any concerns