

# BURNS

## Awareness:

A burn is damage caused to skin and deep body tissues by excessive heat, friction, chemicals, electricity and radiation.

## Assessment:

Burns may result in the destruction of superficial layers of skin, damage to superficial blood vessels, severe pain, blistering, infection and shock.

**Action:** Follow the DRABC Action with them all

### Scalds:

- Cool the burned area with cold water for up to 20 minutes
- If no water is available, remove any thick clothing unless stuck to skin

**Flames:** Stop, drop and roll the casualty to put out the flames

- Smother the flames with a blanket or suitable garment
- Lie the casualty on the ground
- Douse the burned areas with cold water for up to 20 minutes
- Remove smouldering clothing and cover the area with a clean non-stick dressing

### Electric Burns:

- Switch off the power
- Commence CPR if required
- Cool the burnt area with cold water
- Electric current may cause both entry & exit burns

### Chemical Burns:

- Flood the burn with water for 10 – 15 minutes
- Remove contaminated clothing and footwear (avoid being contaminated)
- Cover the area with a clean non-stick dressing
- Identify the chemical if possible.

### After Care:

Seek medical aid for all burn cases.

- Do not break Blister or apply cream.



- Cover burns with a sterile non-stick dressing