



FACT SHEET

No. 35 – First Aid For Burn Injuries

Version 02

Issued: 5 February 2009

FACT

Burns and scalds in young children often occur in the home and are usually caused by hot beverages, hot tap water, saucepans of hot liquids, and boiling water in kettles (NIPAC, 1999).

IF ON FIRE

- Stop, Drop, Cover and Roll
- Smother the flames with a blanket
- Move away from heat source

FIRST AID FOR BURN INJURIES

What can you do to help reduce the effects of a burn injury?

- Protect your own safety at all times
- For all burns apply cold running water for at least 20 minutes
- If running water not available, wet 2 cloths and alternate them onto the burn every 2 minutes
- Keep the rest of the body warm
- Do **NOT** use ice, butter, creams, etc.
- Remove clothing and jewellery as they can hold heat on the burn & jewellery can stop blood flow to the burn
- Seek medical attention for any burn bigger than 20c piece size, or that blisters or if there are any concerns

Ensure that all adults in the household know and understand proper first aid. Where appropriate, children should be taught general first aid principles.

For further information on burn injuries contact:

NSW Severe Burn Injury Service
Concord Repatriation General Hospital,
Hospital Road,
Concord, NSW 2139
Ph: (02) 9767 5440.

For more information contact your local hospital or visit: www.health.nsw.gov.au

(This fact sheet is a collaboration between the NSW Fire Brigades and the NSW Severe Burn Injury Service)



For more information contact your local fire station or visit:
www.fire.nsw.gov.au or www.rfs.nsw.gov.au or www.esa.act.gov.au

IN AN EMERGENCY CALL TRIPLE ZERO (000)

PREVENT PREPARE PROTECT

