BURNS

Ensure Safety for Self & Others
Dial Triple Zero (000)
For an Ambulance

IN CASE OF FIRE

If on fire: stop, drop, cover and roll. Smother flames with a blanket or water if safe.
Turn off power if electrical. Move to a safe area. Do not enter a burning or toxic atmosphere.
Raise the alarm and call for help.
Do not attempt to fight a fire unless trained and safe to do so.

SIGNS & SYMPTOMS



Around the burnt area:

- Pain, redness, blistering, or charred/blackened skin.

Significant or severe burns are burns that are:

Any of the following:

- Deep burns into the skin
- Burns covering a large area
- Burns to the face, hands, feet, genital area, or over joints
- Circumferential burns around a limb or the chest
- Suspected inhalation injury (singed nasal hairs, soot around nose/mouth, coughing, hoarse voice, breathing difficulty)
- Chemical or electrical burns
- Burns in very young, very old, or people with medical conditions

Other injuries:

- Look for fractures or bleeding
- Swelling of the airway
- Breathing difficulties
- Reduced responsiveness, signs of shock, poor circulation
- Risk of cardiac arrest

ASSESS AIRWAYS, SEVERITY, OTHER INJURIES

SEVERE BURNS - CALL 000

Call 000 for all significant or severe burns.
Monitor breathing and be prepared for CPR.
Move to a water source quickly. Put on gloves if available.

COOL TAP WATER

Apply cool running water to the burn for at least 20 minutes.
Do NOT use ice or ice water.

ELEVATE THE AREA

Remove rings, watches, or tight clothing before swelling begins.
Raise the affected area if possible.

COVER THE BURN

Use a loose, non-stick dressing
(cling film, clean cloth, sheet, or pillowcase).

TREAT OTHER INJURIES

Keep the casualty warm and at rest and check for bleeding, fractures, shock, or inhalation injury.

* Hydrogel may be used if water is not available.
Water and hydrogel stop the burning process.

Cool bitumen burns with water for 30 minutes.

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.

For chemical burns, consult the substance container and the SDS and call 000 and the Poisons Information Centre 131126

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