



Burns and Scalds

Severe burns - Treatment

Start cooling the burn immediately under running water for at least 10 minutes. If it is over a large area, place in a bucket of water.

Dial 999 for an ambulance

Make the individual as comfortable as possible, lie them down

Continue to pour copious amounts of cold water over the burn for at least ten minutes or until the pain is relieved

Remove jewellery, watches or clothing from the affected area - unless it is sticking to the skin. Cover the burn with a clean cotton tea towel or clean plastic bag to protect from infection. Do not use cotton wool/tissue or cling film as this may stick to the wound and prevent healing. If they show the following symptoms, they may be in shock:

- Pale face
- Cold, clammy skin
- Fast, shallow breathing
- Rapid, weak pulse
- Yawning
- Sighing
- In extreme cases, unconsciousness

To treat for shock, if their injuries allow, lay them on the floor and raise their feet. Keep them warm. If they become unconscious put them in the recovery position.

Minor burns - Treatment

For minor burns, hold the affected area under cold water for at least 10 minutes or until the pain subsides. Remove jewellery etc. and cover the burn as detailed above.

Apply Burnshield

*Do not use adhesive dressings

*Do not break blisters.

*Do not use tissue or cotton wool as the fibres will stick to the wound area.

If a minor burn is larger than a postage stamp it requires medical attention. Continue to apply cold water to the area.

All deep burns of any size require urgent hospital treatment. Continue to require cold water to the area. Call parents to collect.