

BURNS FIRST AID

THERMAL BURNS (Flame · Scald · Contact · Hot Gas)

BEFORE YOU TOUCH ANYTHING

CHECK YOUR SAFETY FIRST.

- Is the area still on fire or producing smoke? **Do not enter.**
- Move the person **away from the heat source** as fast as safely possible.
- Call **000** (Australia) / **111** (New Zealand) **immediately** if you have any doubt about the severity.



THE 3 GOALS OF BURNS FIRST AID STOP IT. COOL IT. COVER IT.

Everything below follows these three goals. Do them in order.

STEP 1 — STOP THE BURN

Get them away from the heat.

- Remove the person from the burn source.
- If clothing is on fire — stop, drop, and roll.
- Remove wet clothing and jewellery immediately.
 - (Hot, wet fabric keeps burning the skin underneath.)

DO NOT pull off clothing that is stuck to the skin.

- Leave it. Paramedics will handle it.

STEP 2 — COOL THE BURN

Cool running water. 20 minutes. Every time.

- Hold the burn under cool running tap water for a full 20 minutes.
- Start cooling as soon as possible — even up to 3 hours after the burn.
- The water should be cool, not cold. Aim for tap temperature.

NEVER DO THESE:

- Use ice or ice water
- Apply butter, toothpaste, or cream
- Burst blisters
- Rub or wipe the burn
- Wrap tightly around a limb

STEP 3 — COVER THE BURN

Cover it. Don't pack it.

- Use plastic cling film — your best option.
 - Lay it over the burn. Don't wrap it around a limb.
- No cling film? Use a clean, non-fluffy cloth or bandage.
- Keep the covering loose and non-stick.
- Where possible, gently elevate the burnt limb to reduce swelling.

DO THESE INSTEAD:

- Use cool running tap water
- Leave it clean and bare
- Leave them intact
- Let water do the work
- Cover loosely

STEP 4 — CALL FOR HELP

When in doubt — call 000.

Call an ambulance immediately if the burn:

- Is larger than the person's palm
- Is on the face, hands, feet, groin, or joints
- Looks deep (white, brown, or charred — or has no pain)
- Involves a child or infant
- Was caused by electricity or an explosion
- Involves the mouth or airway (smoke, steam, or flame inhaled)
- The person is unresponsive or not breathing normally

If they're not breathing normally — switch to DRSABCD and start CPR