

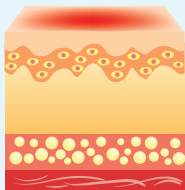
BURNS

Know what to do

Burns commonly result from the sun, scalding by hot liquids, fire, electricity, or chemicals. Burns are classified according to the depth and size of the burn:

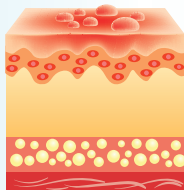
FIRST -DEGREE

Only the outer layer of skin is burnt. The skin is red (like mild sunburn) and may be swollen and painful.



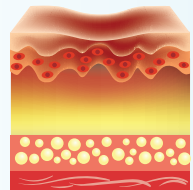
SECOND -DEGREE

Upper layers of skin are burnt. Blisters develop and the skin takes on an intensely reddened, blotchy appearance. These burns are very painful.



THIRD -DEGREE

The most serious burns are painless (nerve endings are damaged). All layers of the skin, fat, muscle and even bone may be affected. Areas may be charred black or appear hard and white.



FOR MAJOR BURNS:

Call an ambulance 0861 746 548

In the meantime:

1. Cover the burn. Use a cool, moist, sterile bandage, cloth, or towels.
2. Moisten the patient's lips with water and keep him/her calm.
3. Check for responsiveness, breathing or movement. If there is none, begin CPR if you are trained to do so.
4. Don't remove burnt clothing near or at the site of the burn. However, make sure the victim is not exposed to smoke or heat.
5. Don't immerse large burns in cold water as this could cause shock.



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WHAT TO DO FIRST

For minor burns:



- Cool the burn under running cold water for 10 – 30 minutes, immerse in cold water or cool with a cloth soaked in cold water. This reduces swelling by conducting heat away from the skin.



- Remove clothing and jewellery near the burn. Swelling could make it difficult to remove later.



- Cover the burn with a loosely wrapped sterile paraffin gauze dressing. The dressing keeps air off the burn, reduces pain and protects blistered skin.



- Take pain medication. Never give aspirin to children or teenagers.

Caution

- Don't use ice, butter, or Vaseline as this might cause further damage.
- Don't break blisters as they protect against infection.
- Don't remove clothing that sticks to the skin.

GET HELP IMMEDIATELY IF THE BURN

- Was caused by chemicals or electricity.
- Is larger than the person's palm.
- Is on the face, genitals, joints, hands, or feet.

If the person

- Has inhaled smoke.
- Has a temperature or is in shock.



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