



Mitêh (Heart) Starter -Lifesaver Training

www.heartstartertraining.ca 780-646-3166

First Aid Worksheet

Burns and Scalds

Fill in the missing words with the words at the bottom of the sheet.

1. Put the burn or scald under **Cold** water at **Once** .

2. Keep it there for at least **10** minutes

3. Remove anything **tight** before it **swells**.

4. Do not put **Cream** or **Butter** on the burn or scald.

5. Do not **remove** any clothes.

6. Do not **pop** any **blisters**.

7. Cover with **clean** non-**fluffy** cloth.

8. **Get help** from an **Adult** right away.

WORDS: Tight, Cream, Once, Fluffy, Swells, 10, Cold, Butter, Remove, Blisters, Clean, Help, Adult, Pop, Get.