

First Aid for Burns



Burns can happen in an instant, but knowing how to prevent them and respond effectively can make a significant difference in outcomes. This guide provides essential information on avoiding burns, treating them when they occur, understanding the different types of burns, and debunking common myths.

How to Avoid Burns

Preventing burns is always the best course of action. Here are some key safety measures:

1. **Kitchen Safety:**
 - Always use oven mitts when handling hot cookware.
 - Turn pot handles inward to avoid accidental spills.
 - Keep children away from cooking areas.
2. **Electrical Safety:**
 - Avoid overloading power outlets.
 - Replace frayed wires immediately.
 - Use child-proof covers for electrical outlets.
3. **Fire Prevention:**
 - Install and maintain smoke alarms.
 - Never leave candles unattended.
 - Keep flammable materials away from open flames.
4. **Chemical Safety:**
 - Store chemicals out of reach of children.
 - Wear protective gear when handling corrosive substances.
5. **Sunburn Prevention:**
 - Apply sunscreen with SPF 30 or higher.
 - Wear protective clothing and hats.
 - Avoid direct sun exposure during peak hours (10 AM - 4 PM).

What to Do When a Burn Occurs

Acting quickly and correctly is critical when treating burns:

1. **Stop the Burning Process:**
 - Remove the person from the source of heat.
 - Extinguish flames with a blanket or water if safe to do so.
 2. **Cool the Burn:**
 - Run cool (not cold) water over the burn for 20 minutes.
 - Avoid using ice, as it can worsen tissue damage.
 3. **Protect the Burn:**
 - Cover the area with a clean, non-stick dressing or cling film.
 - Do not apply ointments, creams, or home remedies like butter.
 4. **Seek Medical Attention:**
 - Call emergency services for large, deep, or facial burns.
 - Always consult a doctor for burns on children or the elderly.
 5. **Monitor for Shock:**
 - Keep the victim warm and comfortable.
 - Watch for symptoms like pale skin, rapid heartbeat, or shallow breathing.
-

Types of Burns

Understanding the severity of a burn is crucial for treatment:

1. **First-Degree Burns:**
 - Affect only the outer layer of skin.
 - Symptoms: Redness, minor swelling, and pain.
 - Treatment: Cool water, aloe vera, and over-the-counter pain relief.
 2. **Second-Degree Burns:**
 - Affect deeper layers of skin.
 - Symptoms: Blisters, intense pain, and possible scarring.
 - Treatment: Cool water, sterile dressings, and medical attention for large areas.
 3. **Third-Degree Burns:**
 - Damage all layers of skin and underlying tissues.
 - Symptoms: Charred or white skin, numbness due to nerve damage.
 - Treatment: Immediate emergency care is required.
 4. **Chemical and Electrical Burns:**
 - Require specialized care. Do not attempt to neutralize chemicals; rinse with water for at least 20 minutes and seek medical assistance.
-

Common Myths About Burn First Aid

Dispelling myths is important for proper care:

1. **Myth:** Apply butter or oil to a burn.
 - **Fact:** These can trap heat and worsen the injury. Always use cool water.
 2. **Myth:** Pop blisters to relieve pain.
 - **Fact:** Blisters protect underlying tissue. Leave them intact to prevent infection.
 3. **Myth:** Burns don't need medical attention if the pain subsides.
 - **Fact:** Some burns can cause serious damage without immediate pain. Seek medical advice for large or deep burns.
 4. **Myth:** Use ice to cool burns.
 - **Fact:** Ice can cause further damage. Use cool, running water instead.
-

Stay Prepared

Burns are common injuries, but with the right knowledge and tools, you can prevent and manage them effectively. Consider enrolling in a first aid course at Gungahlia First Aid to learn more about burn treatment and other life-saving skills.

For more resources and to book a course, visit our website www.gungahlia.com.au or contact us directly on 0414307284.