

MEDIA RELEASE



DATE 2 July 2010

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RE: Stay warm, stay safe

With the recent spate of children being admitted to hospital with burns from heaters and hot surfaces as the cold weather settles in, St John Ambulance (NSW) is reminding everyone that immediately applying first aid will reduce the pain and ongoing scarring of burns.

Knowing what to do in the critical minutes before professional help arrives makes a huge difference to the outcome.

Former Australian of the Year (2005), Burns specialist Professor Fiona Wood sees how lives can be changed in an instant and understands the impact first aid can have on the burn injury.

“First aid can reduce the severity of a burn injury by up to 80%, it is most effective when started within the first few minutes of an accident, the time taken to heal is significantly reduced and the ongoing treatment needed is reduced,” Prof. Wood says.

General Manager for Training, Robyn Galwey, says you must treat a burn immediately.

“Burns are an extremely painful injury and may leave lifelong scarring if they aren’t cooled immediately,” she says.

Treatment:

1. Remove casualty from danger:

- follow DRABCD (Danger, Response, Airways, Breathing, CPR, Defibrillation)
- if clothing is on fire:
STOP, DROP AND ROLL
- pull the casualty to the ground
- wrap in a blanket or similar
- roll the casualty along ground until flames are extinguished.

2. Cool the burnt area:

- hold burnt area under cold running water—at least 20 minutes
- if the burn is to the eye, flush the eye with water for 20 minutes.

3. Remove any constrictions:

- remove clothing and jewellery from burnt area (unless sticking to the burn).

4. Cover burn:

- place a sterile, non-stick dressing over burn.

5. Calm casualty.

6. *Call 000 for an ambulance.*

- If burn is larger than 20 cent piece, seek medical advice
- **Do not** apply lotions, ointment or fat to burn.
- **Do not** touch the injured areas or burst any blisters.
- **Do not** remove anything sticking to the burn.
- **If burn is large or deep**, manage casualty for shock.

[Click here](#) to see what the emergency services say about the importance of first aid, including Dr Fiona Wood.

St John (NSW) has launched a hard hitting initiative Everything Else Can Wait that aims to get one person in every household trained in first aid. Visit www.stjohnfirstaid.com.au

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Note to Editor

High res versions of this photo and others in the series are available for publication:

