

## First Aid for Burns and Scalds

If a person's clothes catch on fire, stop the person moving or running around, as this will fan the flames. Remember: **STOP—DROP—ROLL—MANAGE**

### Management of Burns and Scalds

- 1 Follow DRABCD Action Plan (Danger, Response, Airway, Breathing, CPR and Defibrillation).
- 2 Extinguish burning clothing—smother with blanket, jacket or use water. If a scald, quickly remove casualty's wet clothing from affected area.
- 3 Hold burnt area under cold running water for at least 10 minutes or until skin returns to normal temperature.
- 4 Remove jewellery and clothing from burnt area unless stuck.
- 5 Cover burn with a non-adherent/burns dressing (or aluminium foil, plastic wrap, or a wet clean dressing).
- 6 Extensive burns are dangerous and may be fatal.

#### Seek medical aid urgently if:

- Burn is deep, even if casualty does not feel any pain.
- A superficial burn is larger than a 20 cent piece.
- The burn involves airway, face, hands or genitals.
- You are unsure of the severity of the burn.

