



Burns & scalds

Stop the burn. Cool with running water. Cover loosely.



Call 000 for significant burns, breathing trouble, smoke inhalation, electrical or chemical burns, or if unsure of severity.

1

Make it safe

Move away from the source if safe. Isolate electricity before approaching. Remove jewellery and clothing that is not stuck. Leave stuck material in place.

2

Cool for at least 20 minutes

Use cool running water as soon as possible. Cooling may still help within 3 hours. Cool the burn and keep the rest of the person warm, especially a child.

3

Cover a thermal burn

After cooling, use a loose, clean non-stick dressing. Cling film may be laid over a thermal burn, but never wrapped around a limb or placed on the face.

4

Get appropriate help

Seek medical care for deep or large burns and burns to the face, hands, feet, genitals or major joints. Call 000 for a significant burn or if uncertain.

Chemical exposure

Avoid contact. Brush off dry powder, remove contaminated clothing and flush with running water. Call 13 11 26 for chemical advice and 000 for an ambulance. Do not use cling film or try to neutralise the chemical.

Do not

Use ice, butter, creams or household remedies. Do not burst blisters or peel off stuck clothing.

20

minutes of cool running water

Cool the burn. Keep the person warm.

Sources: Healthdirect burns and scalds; ANZCOR Guideline 9.1.3; Poisons Information Centre.