



ALPHA
First Aid Supplies
First Aid Training

Management of Burns

SEVERITY OF THE BURN

		
SUPERFICIAL BURN (Redness)	PARTIAL THICKNESS BURN (Redness, Blistering)	FULL THICKNESS BURN (Blackened Skin)

MANAGEMENT OF THE BURN - COOL BURN

<p>RUNNING COLD WATER AVAILABLE</p> <ol style="list-style-type: none"> 1. Immediately cool the burn with water for 20 minutes (~15°C) 2. Cover the burnt area, after cooling, with a dry non-stick dressing 3. If possible remove rings or jewellery 4. Manage for any SHOCK 5. Monitor the ABC 	<p>STILL WATER AVAILABLE</p> <ol style="list-style-type: none"> 1. Submerge burned area in water OR use towels/cloths soaked in water and applied to burns. Refresh water in the towels every 2-3 minutes for a total of 20 minutes 2. Cover the burnt area, after cooling, with a dry non-stick dressing 3. If possible remove rings or jewellery 4. Manage for any SHOCK 5. Monitor the ABC 	<p>NO WATER AVAILABLE</p> <ol style="list-style-type: none"> 1. Smear hydrogel eg. BURNAID or hydrogel impregnated towels over the surface of the burn 2. Cover the burnt area, after cooling, with a dry non-stick dressing 3. If possible remove rings or jewellery 4. Manage for any SHOCK 5. Monitor the ABC
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OTHER TYPES OF BURNS (MANAGEMENT AS ABOVE)

		
ELECTRICAL BURN (Cool exit and entry burns, commence CPR if required)	SCALDS (Remove any wet, non-adherent clothing, as they will retain heat)	RADIATION BURN (SUNBURN) (Do not use home remedies)

DO NOT remove clothing stuck to a burn
DO NOT use ice, ice-water or ice-packs on burns
DO NOT break blisters
DO NOT apply fluffy material
DO NOT clean a full-thickness burn

CONTACT EMERGENCY SERVICES 000 (OR 112 MOBILE)

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*This poster does not replace the need for fully qualified training.

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