

FIRST AID GUIDE

FIRST AID FOR BURNS

Burn Classifications

- 1. Superficial:** Reddening of skin on affected area. Swelling and localised pain.
- 2. Partial thickness:** Characterised by combination of reddening, swelling, and blistering of skin. Clear fluid seeps from blisters if burst and localised pain.
- 3. Full thickness:** Skin looks pitted and charred. Skin surrounding affected area looks wax-like. Blisters will form and clear fluid will leak from affected area. Victim may not feel any pain if the nerve endings are damaged.

1 Evaluate Potential Dangers

1. Make sure you have neutralized any hazard before you try to treat a burn victim. Call for professional medical help immediately.



2 Treatment of Burns

1. Check if victim is conscious.
2. Know the cause of the burn. If cause is chemical, then check 'Dealing with Chemical Burns'.
3. Cool using cold, running water for 10 minutes. No ice.
4. Remove constricting items such as watches and rings, but not if in contact with burn.
5. Apply non-adhesive, non-fluffy, sterile dressing.
6. Do not burst blisters or remove damaged skin. Do not use ointments or fats such as butter.

3 Dealing with Chemical Burns

1. If burn injury was caused by chemicals, then it should be placed under running water for 20 minutes.
2. Make sure chemical does not reach unaffected areas.
3. Clothing that has been contaminated must be removed if it does not cling to the skin of affected area.
4. Find out cause of the burn. Check chemical container details.



4 Applying Dressing to Burns

1. Always apply non-fluffy dressing to burns once they have cooled down.
2. Use dressings soaked in water-based gel to minimise infection.
3. Dressings can be improvised if necessary.
4. Note: majority of chemical burns occur after physical contact.



5 Degrees of Burn Severity

1. The severity of a burn injury depends on the part of the body that is affected and the damage caused by burn (for reference, 1% of body's skin surface is equal to the palm of hand).
2. The following cases should be referred to a hospital:
 - Superficial burns affecting 5+% of body surface.
 - Partial thickness burns that affect 1+% of body surface.
 - Any kind of full thickness burns.
 - Burns affecting children.
 - Burn cases affecting feet, hands, face, and genitals.
 - Burns covering a limb.
 - Burns with different depth patterns.

Note: If you are unsure about severity of a burn, it's important to refer victim to proper medical assistance.



6 Burning Clothes

1. If victim's clothing is on fire, their airway will be at risk.
2. Set off fire alarm.
3. Try to get victim onto floor. You may have to use an object (e.g., broom, blanket) so not exposed to flames.
4. Try to extinguish flames using a fire blanket.
5. Check victim's airway, breathing and circulation.
6. Cool burned areas.

7 Dealing with Complicated Burns

1. Burns that affect the airway are very serious. Treat external burns and call for help.
2. Lungs and related areas can be burned by fumes. This requires immediate medical attention.
3. A circle burn affects the skin surrounding a part of the body. As the swelling increases, it can hinder circulation. Treat the burn and call the emergency services.



IMPORTANT: This is a first aid guide to determine the cause and severity of a burn, and effectively treat burn victims. Follow the steps outlined here until professional medical care arrives.

DISCLAIMER: The information in this poster is not a substitute for proper first aid training.