

# BURNS

Ensure the safety of everyone  
Call the ambulance on Triple Zero (000)

## Signs & Symptoms

- pain on and around the burnt area
- localised blistering to the skin
- red to black marks around the area burnt
- severe burns is a large area severe skin damage
- inhalation burns:  
eg burns to face, nasal hairs eyebrows or blackness around nose and mouth, coughing, hoarse voice and breathing difficulty

## Step 1

### CONSIDER ALL DANGERS

If safe to do so:

- turn off all appliances
- move to safe treatment area
- move to water supply
- put on gloves

## In case of fire

### ENSURE SAFETY

- if someone is on fire  
- stop, drop, roll, cover
- do not enter a burning or toxic atmosphere
- raise the alarm
- call for help
- evacuate to safe area
- do not fight a fire unless trained and safe to do so

## Step 2

### TREAT THE BURN

- stop the burning process
- cool the burn

### COOL UNDER TAP WATER FOR 20 MINUTES AT LEAST

- assess the severity
- seek medical assistance

### SEVERE BURNS CALL 000

- ask for the ambulance
- remove jewellery and clothing from affected area unless stuck
- elevate the affected area

## Step 3

### CONTINUE TREATMENT

- treat other injuries
- comfort until medical assistance is available



\* Hydrogel may be used if water is not available

**Call Triple Zero (000)**