



Burns

Burns and scalds are damage to the skin caused by heat. A burn is caused by dry heat and a scald is caused by something wet and hot. Burns can also affect the respiratory system and the eyes.

Caused by

- Heat (thermal).
- Fire or radiant heat such as an electric cooker.
- Hot liquid and steam.
- Radiation from the sun.
- Chemicals - corrosive substances.
- Electricity.
- Friction, such as a rope burn.

Signs & symptoms

Superficial burn

- Skin is red and painful, may blister and swell.

Deep burn

- Skin is white, dark red or charred.
- No pain where nerve endings have been destroyed.
- Usually surrounded by superficial burns.

What to do

- 1 Follow DRSABCD St John Action Plan.
 - 2 **If clothing is on fire: STOP-DROP-ROLL**
 - **Stop** the casualty from moving around.
 - **Drop** the casualty to the ground and wrap in a blanket or similar.
 - **Roll** the casualty along the ground until flames are smothered.
 - 3 Assess the adequacy of the casualty's airway and breathing.
 - 4 Cool the burnt area with copious amounts of cool water for up to twenty (20) minutes.
 - 5 Remove any clothing and jewellery from affected area unless stuck to the burn.
 - 6 Cover burnt area with a light non-stick dressing or clean, dry non-fluffy material.
 - 7 Rest and reassure the casualty and check for shock.
 - 8 Call **Triple Zero (000)** if:
 - Burns involving airway, hands, feet, face or genitals.
 - Deep burn.
 - Superficial burn larger than twenty (20) cent piece on an adult or ten (10) cent piece on a child.
 - If in any doubt of what to do.
- DO NOT**
- Peel off clothing that is stuck to the skin.
 - Use ice or iced water to cool a burn.
 - Apply lotions, ointments or creams.
 - Break blisters.

In a medical emergency call **Triple Zero (000)**

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