

Safety-Gram

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First Aid For Burns

A burn is damage to the external membrane or deeper tissues caused by the sun, hot liquids, fire, heated objects, electricity, or chemicals. Burn depth is generally categorized into three groups. The first-degree, being the most minor, is described as red, non-blistered skin. The second-degree is described as blisters and some thickening of the skin. The third-degree, being the most severe, is described as widespread thickness with a white, leathery appearance and tends to be relatively painless.

First and Second Degree Burn Treatment

First and second-degree burns generally just require being treated with cold water for several minutes and then covering the burn with a sterile, dry, non-stick dressing from a first-aid kit to prevent infection. Don't break blisters that form on a second-degree burn. See a doctor if the burn gets infected. If unsure about the degree of the burn, treat it as severe and call for emergency medical assistance.

Third Degree Burn Treatment

Call for emergency medical assistance immediately. Lay the victim down on their back and then elevate severely burned limbs. Remove clothing if necessary, but don't try to remove clothing that is stuck to a burn. Flush burned areas with water until emergency medical help arrives. Describe the situation to emergency medical assistance and follow their direction.

DON'T:

- Don't hide the fact that you have been burned.
- Don't contaminate the burn with anything that could cause infection.
- Don't apply any medical or home remedy, including ointment, butter, ice, spray, or cream.
- Don't give the burned person anything to ingest or put any support under their head if they possibly have an airway burn.

