

# Burns First Aid Guideline

## CONTACT DETAILS



[www.trips.nhs.uk](http://www.trips.nhs.uk)

St Andrews Burns Service  
Broomfield Hospital (Chelmsford)  
Adults/Children **01245 516037**

Chelsea & Westminster Hospital (London)  
Adults **02033152500**  
Children **02033153706**

Queen Victoria Hospital (East Grinstead)  
Adults **01342 414440**  
Children **01342 414469**

Stoke Mandeville Hospital (Aylesbury)  
Adults and Children **01296 315040**

## STOP

Maintain personal safety  
If clothes catch fire, extinguish  
Isolate electrical source  
Avoid chemical cross-contamination  
Stop the burning process

## REMOVE

Remove any burnt/contaminated clothing  
Leave any melted/adherent clothing  
Remove all nappies, jewellery and contact lenses near burned area, if able

## COOL THE BURN WARM THE PATIENT

### Best Practice

#### **THERMAL BURN**

Commence cooling/irrigation of burns as early as possible  
Do not apply ice/iced water/ice packs  
Irrigate with cool running tap water for 20 minutes  
Cooling beneficial up to 3 hours post burn injury

#### **CHEMICAL INJURY**

Do not delay immediate irrigation for detailed assessment of patient or acquiring a particular irrigation fluid, regardless of delay in presentation.  
Commence urgent irrigation with a sterile isotonic solution (e.g. Hartmann's or Normal Saline), an amphoteric solution (Diphoterine®), or water.

Keep patient warm to prevent hypothermia (children and elderly are most susceptible)

#### **If water supply is limited**

Use a cool water compress  
Change compress frequently over 20 minute period

#### **Hydrogel burn dressings**

LSEBN does not support the use of hydrogel burn dressings  
Least effective method of removing heat from the wound



## COVER

Fully irrigated chemical injuries with a wet compress  
Fully cooled thermal burn wound with loose longitudinal strips of cling film  
Do not apply cling film to face  
Do not wrap cling film circumferentially

## CALL

Seek early advice from **local Burn Service**  
All burn injuries that fall within the **Burn Referral Criteria** should be discussed with the **local Burn Service**  
Telephone support and advice on initial care of any patient with a burn injury is available at all times