

STOP REMOVE COOL COVER CALL

First Aid

The emergency services are not the only ones who can make a difference with burns injuries. You can prevent further injury and reduce scarring by delivering immediate and appropriate first aid. The following information provides the do's and don'ts for burns first aid.

STOP

DO:

- ✓ Maintain personal safety
- ✓ Isolate/turn off electrical source
- ✓ Stop the burning process
- ✓ If on fire, extinguish by wrapping in blanket or

STOP where you are

DROP to the ground and cover your eyes and mouth with your hands

ROLL over and back and forth until the flames are out

- ✓ Avoid getting chemicals on any other areas of skin or on yourself

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REMOVE

DO:

- ✓ Remove loose clothing if it is contaminated or near the burn area
- ✓ Remove nappies on babies and infants if contaminated or near the burn area
- ✓ Remove jewellery and contact lenses if near or on any burn areas

DON'T:

- ✗ Pull clothing or jewellery off if it is stuck to the skin or hard to remove without causing pain

COOL

DO:

- ✓ Cool the burn area with cool running water for 20 minutes, e.g. shower
- ✓ If running water is unavailable, use a cool compress or a wet towel, changed every 3-5 minutes for a total of 20 minutes
- ✓ Keep the rest of the patient warm whilst cooling the burn and especially after cooling

DON'T:

- ✗ Use ice or ice packs as this can deepen the burn

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COVER

DO:

- ✓ Cover the burn loosely with cling film after cooling
- ✓ If cling film is unavailable cover the burn with a clean non-fluffy cloth or a plastic bag

DON'T:

- ✗ Apply toothpaste, ice, butter, creams, oils, cotton wool, turmeric, eggs, aloe vera or yoghurt
- ✗ Apply anything other than cling film or a clean cloth

CALL

DO:

- ✓ Seek medical advice over the phone by calling 111 or your local GP surgery if your burn is:
 - bigger than a fifty pence piece
 - on the hands, feet, face or groin
 - over a joint
 - on vulnerable persons such as children or the elderly
- ✓ Dial 999 in an emergency

DON'T:

- ✗ Delay seeking help if you have any concerns or doubts about your burn injury

Prevention

Burns can't always be avoided, however, there are measures that can be taken to prevent them. Help protect yourself and your family by following these simple steps below.

Sun

SLIP on a t-shirt

SLOP on a high factor sun block

SLAP on a sunhat

Hot appliances

- keep hot appliances out of the reach of children
- check hair straighteners and irons are cooling somewhere safe
- keep children away from plug socket outlets until they are capable of understanding the risks and are able to use them safely
- check appliance cables are out of reach of children
- keep secure fire guard screens in front of open fires, log burners, heaters and radiators

Fires

- keep candles, matches and lighters out of the sight and reach of children and never leave a room empty with lit candles burning
- have a smoke alarm fitted on each level of your home and check regularly that it is working
- make a plan of how you and your family would escape if there was a fire and practise it
- be careful near flames as some materials are more flammable than others, particularly fancy dress

Scalds

- always run cold water first into the bath or sink and then add the hot water
- check the temperature with your elbow or a thermometer
- ensure kettles and hot pans are out of the reach of children in the kitchen, with handles turned away from the edge
- put all hot drinks out of the reach of children
- do not drink hot drinks with a baby in your lap and don't pass drinks over them
- don't balance hot drinks or basins of hot water between your legs, even as a temporary measure

Further information and support

NHS Choices have advice on how to childproof your home: <http://www.nhs.uk/Conditions/Burns-and-scalds/Pages/Prevention.aspx>

Some useful information on initial burn management and care of healing burns can be found via **London and South East of England Burn Network:** www.lsebn.nhs.uk

Several charities have been set up to assist those with burns and can be found via the following web sites:

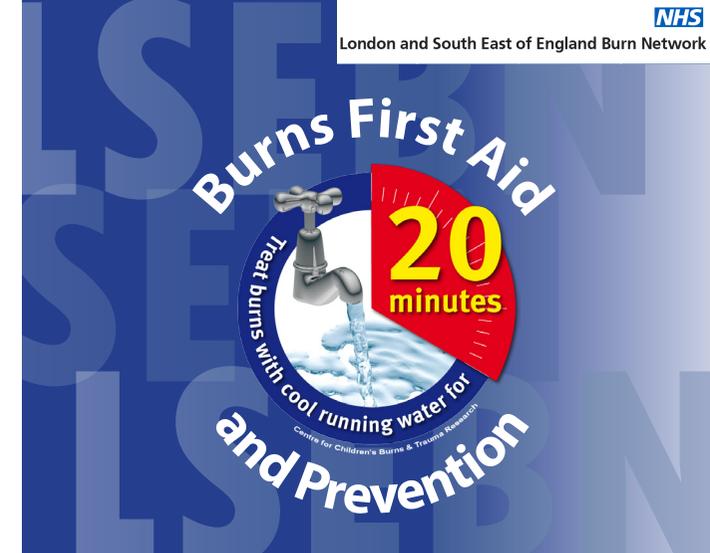
Changing Faces
www.changingfaces.org.uk

Children's Burns Trust
www.cbtrust.org.uk

Dan's Fund for Burns
www.dansfundforburns.org

www.lsebn.nhs.uk

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St Andrews Burns Service
Broomfield Hospital (Chelmsford)
Adults 01245 516186
Children 01245 516973
Outpatients 01245 516008

Chelsea & Westminster Hospital (London)
Adults 0203 3153785
Children 02033 153706 / 0203 3153707

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

Stoke Mandeville Hospital (Aylesbury)
Adults and Children 01296 315040

