

WARNING

Do not apply lotions, ointment or fat to burn.

Do not touch the injured areas or burst any blisters.

Do not remove anything sticking to the burn.

If burn is large or deep, manage casualty for shock.

BURNS

1 Remove casualty from danger:

- follow DRABCD
- if clothing on fire:
STOP, DROP AND ROLL
- pull casualty to ground
- wrap in blanket or similar
- roll casualty along ground until flames extinguished.

2 Cool the burnt area:

- hold burnt area under cold running water—at least 10 minutes
- if a chemical burn, run cold water over burnt area—at least 20 minutes
- if a bitumen burn, run cold water over burnt area for 30 minutes
- if burn is to eye, flush eye with water for 20 minutes.

3 Remove any constrictions:

- remove clothing and jewellery from burnt area (unless sticking to the burn).

4 Cover burn:

- place sterile, non-stick dressing over burn.

5 Calm casualty.

6 ☎ *Call 000 for an ambulance.*