



BURNS FIRST AID

Workplace burns card · Keep one in the kit and one beside the water supply

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EMERGENCY

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Check for danger first. Protect yourself — wear gloves, and chemical-resistant PPE for chemical burns. Do not enter a burning or toxic area. Follow **DRSABCD**. **Call Triple Zero (000)** for any significant burn (see page 2), or if unsure.

STANDARD BURN CARE COOL → REMOVE → COVER → KEEP WARM

1 COOL



Cool running water on the burn for **at least 20 minutes**. Start as soon as possible — still helps up to **3 hours** after the burn. No water? Use any clean, cool liquid.

2 REMOVE



Rings, watches, jewellery and wet or hot-soaked clothing — **unless stuck to the skin**. Don't drag clothing over the face. Check skin folds (neck, armpits, groin) for trapped hot liquid.

3 COVER



Once cooling is finished, cover loosely with cling film, a clean polythene sheet or a non-stick sterile dressing. See **Covering a burn** below.

4 KEEP WARM



Cover unburnt areas and watch for hypothermia, especially in children and large burns. Raise a burnt limb if possible.



DO NOT

use ice or iced water · break blisters · peel off stuck clothing or substances · apply creams, lotions, ointments, powders, butter or toothpaste



COVERING A BURN

Cling film or a clean polythene sheet

- Apply only **after** 20 minutes of cooling. It is a cover, not a treatment.
- Discard the first turn of the cling film roll, then lay the film **in strips over** the burn.
- **Never wrap it around** a limb, finger or the chest — burns swell and wrapping can cut off circulation.
- Large areas: use a clean polythene sheet from the burns kit, then a blanket over the top.
- **Not on the face** — leave facial burns uncovered.
- **Not on chemical burns** — use a loose non-stick dressing instead.
- Leave it in place. Clear film lets paramedics see the burn without removing it.



HYDROGEL

Burn gel sachets and hydrogel dressings

- Hydrogel is **not a substitute for running water**. Use only **after** 20 minutes of cooling, or when no cool water or clean cool liquid is available.
- **Gel sachets** — spread over small burns.
- **Hydrogel dressings** — lay over the burn and hold loosely with a conforming bandage. Do not bandage tightly.
- **Never on chemical burns.**
- Watch for chilling — avoid covering large areas with hydrogel, especially in children, and keep the person warm.
- Single use only. Check expiry dates when restocking the kit.



BURNS FIRST AID

Specific types of burn · Always start with the standard burn care on page 1

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EMERGENCY



FLAMES

Stop, drop, cover the face and roll. Smother flames with a blanket or douse with water if safe. Then give standard burn care.



SMOKE AND AIRWAY BURNS

Suspect an airway burn if there are burns to the face, singed nose hair or eyebrows, soot around the nose or mouth, a hoarse voice, black sputum, or the person was trapped in smoke or fumes.

- Move to fresh air if safe. **Call 000.**
- Monitor breathing closely — swelling can develop for up to 24 hours.
- Give oxygen only if trained and equipped.
- Cool any skin burns as for standard care.



ELECTRICAL AND LIGHTNING BURNS

- Do not touch the person until the power is off. Switch off or isolate the supply if safe.
- **High voltage** (e.g. fallen power lines): stay **at least 10 m away**, call 000 and wait for authorised personnel.
- **Call 000 for all electrical burns** — a small skin burn can hide serious internal injury.
- Not breathing normally? Start **CPR and use an AED.**
- Once safe, cool burns for at least 20 minutes.



RADIATION BURNS

Welding flash, sunburn, lasers. Give standard burn care. There may be few visible signs.



CHEMICAL BURNS

The aim is to **wash the chemical off**, not just cool the skin.

- Wear PPE. **Brush off dry powder** first.
- Remove contaminated clothing and jewellery.
- Flush with running water for **at least 20 minutes, up to 1 hour**, until stinging stops. Keep run-off away from unaffected skin.
- Do not try to neutralise acids or alkalis.
- **No cling film or hydrogel** on chemical burns.
- Check the **Safety Data Sheet (SDS)** and call the **Poisons Information Centre 13 11 26. Call 000.**



CHEMICAL IN THE EYE

- Flush **immediately** with running water or eyewash for as long as tolerated, holding the eyelids open.
- Tilt the head so the **affected eye is lowest.**
- Do not delay flushing to remove contact lenses.
- Get urgent medical care.



BITUMEN, TAR AND MOLTEN PLASTIC

Cool with running water for **at least 20 minutes and until the material is completely cold.** Do not try to remove material stuck to the skin. Get medical care.



SIGNIFICANT BURN — CALL 000 IF ANY OF THESE APPLY

- Larger than 10% of the body (about one whole arm in an adult)
- Face, hands, feet, genitals or major joints
- Deep (full-thickness) burns
- Electrical, chemical or airway burns
- Burns encircling a limb or the chest
- Very young or elderly person, or an existing medical condition
- Burns with other injuries



All children with burns must be seen by a doctor.