



# First aid fact sheet

## Burn or scald



- Do not apply lotions, ointments, fat or ice to a burn.
- Do not touch the injured areas or burst any blisters.
- Do not remove anything sticking to the burn.
- If the burn is larger than a 20 cent piece, or deep, seek medical aid.

### Signs and symptoms

**Superficial burns** The area is:

- red
- very painful
- blistered.

**Deep burns** The area is:

- mottled red and white
- dark red or pale yellow
- painful
- blistered.

**Full thickness burns** The area:

- is white or charred
- feels dry and leathery.
- Because the nerves are destroyed, the pain will not be as great as in a superficial burn.

### What to do

#### If the patient's clothing is on fire

- 1 Stop the patient from moving around.
- 2 Drop the patient to the ground and cover or wrap them in a blanket or similar, if available.
- 3 Roll the patient along the ground until the flames are extinguished.
- 4 Manage the burn.

#### For all burns

- 1 Follow DRSABCD.
- 2 If the burn is severe or if it involves the airway, call triple zero (000) for an ambulance.
- 3 As soon as possible, hold the burnt area under cool running water for 20 minutes.
- 4 Remove any clothing and jewellery from the burnt area, unless they are stuck to the burn.
- 5 Cover the burn with a light, loose nonstick dressing, preferably clean, dry, non-fluffy material (eg plastic cling film).
- 6 Continue to check the patient for shock, and treat if necessary.

A 'cold' burn is actually tissue damage from extreme cold, thus treatment is different from thermal burns. See the fact sheet on frost bite.

**In a medical emergency call Triple Zero (000)**

**DRSABCD** Danger ▶ Response ▶ Send for help ▶ Airway ▶ Breathing ▶ CPR ▶ Defibrillation

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