



Treating Burns

- Help the casualty into a comfortable position.
- Pour water over the burn for at least 10 minutes (but if the burn is very serious, do not wait the 10 minutes before moving to hospital). Keep cooling the affected area until the pain is relieved. *Do not apply lotions, ointment or fat to the burnt area.*
- Put on disposable gloves if available. Try to remove any jewellery or clothing from around the burnt area, but do not remove anything if it is sticking to the wound.
- Cover the burnt area with a sterile dressing*, triangular bandage, or any other clean, non-fluffy material or sheet. If possible, cover this dressing with a clean plastic bag or kitchen film, which you can secure in place using tape (on the bag) or a bandage.
- If the casualty has burned his/her hand or arm, then you could put the arm into an elevation sling to help them be comfortable, especially during travel.
- * *If the casualty's face is burned, do not attempt to cover the burnt area.*

