

## First Aid for Burns

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### Handout

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#### TREAT BURNS WITH A HIGH DEGREE OF SERIOUSNESS

##### THIRD-DEGREE BURNS ARE EXTREMELY SERIOUS.

If skin is white or charred and burned through:

- Don't try to treat or cool the burn or remove clothing that's stuck to it.
- Cover with clean cloth.
- Elevate burned limbs.
- Get immediate medical attention.

##### SECOND-DEGREE BURNS NEED CAREFUL ATTENTION.

If skin is red and blistered:

- Remove clothing, unless it's stuck to the burn.
- Apply cool water or wrapped ice packs.
- Don't break blisters.
- Get quick medical attention if the burn is large or on the face, hands, or genitals.

##### FIRST-DEGREE BURNS NEED PROPER FIRST AID.

If skin is red:

- Apply cool water or wrapped ice.
- Cover with clean cloth or dressing.
- Take aspirin or ibuprofen to relieve pain.

##### CHEMICAL BURNS NEED FLUSHING.

If the safety data sheet (SDS) says a chemical can burn:

- Check SDS first-aid instructions.
- Remove contaminated clothing.
- Flush burned skin or eye with water for 15 minutes.
- Cover burn with clean cloth and get medical attention.

#### AVOID MAKING A BURN WORSE.

##### DON'T

- × Apply unwrapped ice, butter, petroleum jelly, or ointment
- × Cut away clothing that's stuck to a burn.
- × Rub the body

##### DO

- ✓ Check for shock and breathing problems, and provide necessary first aid.
- ✓ Get medical attentionb if a burn isn't healing well or causes ongoing pain