

# FIRST AID FOR BURNS

restore  
Advancing burn & scar research



## 02. REMOVE ANY CLOTHING OR JEWELLERY



near the burnt area of skin, including babies' nappies. But do not try to remove anything that's stuck to the burnt skin.

## 04. KEEP WARM



Use a blanket or layers of clothing, but avoid putting them on the injured area. Keeping warm will prevent hypothermia, (body temperature drops below 35C).

## 06. CALL



Call NHS 111 for initial advice for smaller burns. In an emergency and for larger burns, call 999.

## 01. STOP THE BURNING PROCESS



E.g. removing the person from the area, dousing flames with water, or smothering flames with a blanket. Do not put yourself at risk of getting burnt as well.

## 03. COOL THE BURN



with cool or lukewarm running water for 20 minutes as soon as possible. Never use ice, iced water, or any creams or greasy substances like butter.

## 05. COVER THE BURN



Lay the cling film over the burn, rather than wrapping it around a limb. A clean, clear plastic bag can be used for burns on your hand.

## WHEN TO GO TO A&E

- large burns bigger than the size a hand
- deep burns of any size that cause white or charred skin
- burns on the face, neck, hands, feet, any joints, or genitals

- all chemical and electrical burns
- any other injuries that need treating
- any signs of shock – symptoms include cold, clammy skin, sweating, rapid, shallow breathing, and weakness or dizziness