

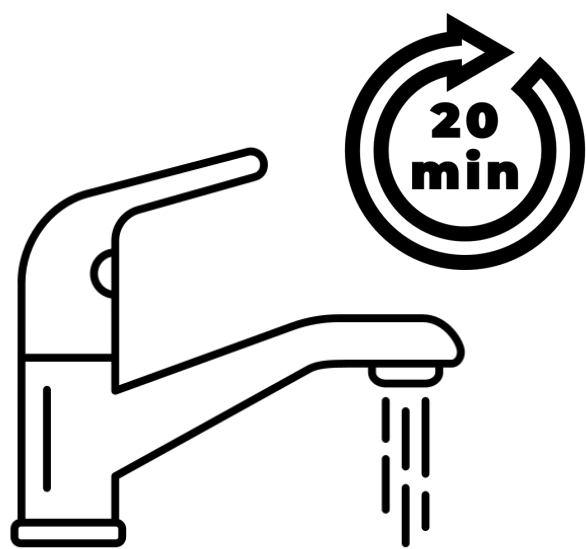
# FIRST AID FOR BURNS

First - if the injured person's clothing has ignited, use the 'Stop, Drop & Roll' technique. If the individual has mobility difficulties or uses a wheelchair, use a fire blanket or wet towels.

Do not put yourself at risk.

## 1. COOL

- Cool burns for 20 minutes under cold running tap, either immediately or within 3 hours of injury.
- If possible, remove any clothing or jewellery away from the burnt area.



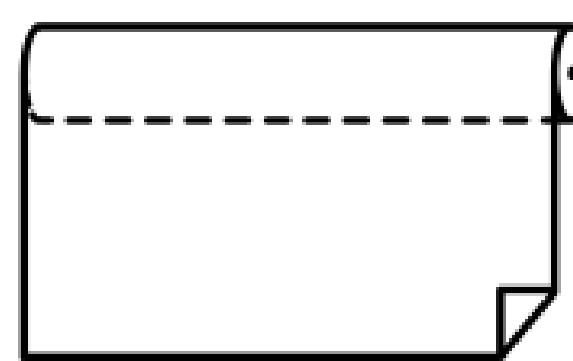
## 2. CALL

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



## 3. COVER

- Cover the burn loosely with cling film or a clean, cotton sheet.



## 4. COMFORT

- Over-the-counter painkillers (Paracetamol or Ibuprofen) can be used. Monitor the injured person.
- Only the burnt area should be cooled, keep the injured person warm.



For more information, please visit:

<https://www.britishburnassociation.org/wp-content/uploads/2017/06/BBA-First-Aid-Guideline-24.9.18.pdf>



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board



### References:

Schaefer, T.J. and Szymanski, K.D., 2017. Burn evaluation and management.

Lloyd, E.C., Rodgers, B.C., Michener, M. and Williams, M.S., 2012. Outpatient burns: prevention and care. American family physician, 85(1), pp.25-32.

Jeschke, M.G., Phelan, H.A., Wolf, S., Romanowski, K., Rehou, S., Saetamal, A., Weber, J., Schulz III, J., New, C., Wiktor, A. and Foster, C., 2020. State of the science burn research: Burns in the elderly. Journal of Burn Care & Research, 41(1), pp.65-83.