

What not to do

do not use a sticky dressing e.g. a plaster



do not break blisters or interfere with the burn



do not apply any lotions, ointment or fat to the burn



if you are worried about the extent of the injury: go to your nearest Accident and Emergency department or contact NHS Direct

JUST ADD WATER

First Aid for Burns and Scalds

Welsh Centre for Burns and Plastic Surgery



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board

What to do



Apply **cool** water to the area for 20 minutes. If water is not available use another harmless liquid such as **Milk, Beer** or **Pop**



If the person is on fire, lay them on the floor and **smother the flames** with a **rug** or **blanket**.

STOP! 

DROP! 

ROLL! 



Then apply **cool** water

Q What is a Burn?

A Damage to the skin caused by heat from:

- Flame
- Sun
- Fire / Heater
- Radiator
- Chemicals
- Oven or Hob
- Electricity
- Hair straighteners

Q What is a Scald?

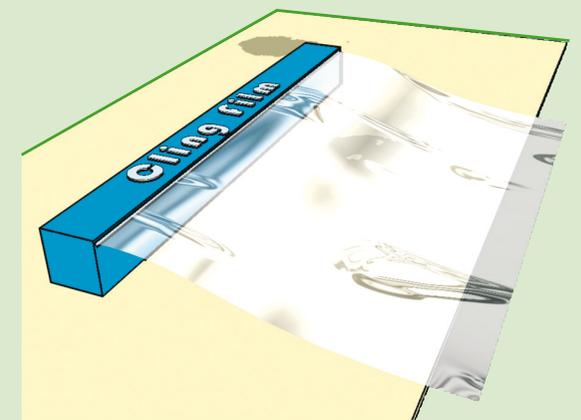
A Damage to the skin caused by hot liquid from:

- Tea / Coffee
- Hot fat
- Bath water
- Kettle / Jug
- Microwaved food / liquid

Remove any rings, watches, constricting clothing — **only if it is on or near** the burn, **and if not stuck** to the injured area.



Cover the burn with a clean non-fluffy material.



Cling film makes a good temporary dressing