First aid for **burns and scalds**

If a person’s clothes catch on fire, stop the person moving or running around, as this will fan the flames. Remember: **Stop - Drop - Roll - Manage**. Extensive burns are dangerous and may be fatal.

**Management**

1. Follow DRSABCD action plan
   - **Danger** – check for Danger.
   - **Response** – check for Responsiveness.
   - **Send for help** – Send for help. Call triple zero ‘000’.
   - **Airway** – clear and open Airway.
   - **Breathing** – check for normal Breathing.
   - **CPR** – commence CPR if not breathing (30 chest compressions: 2 rescue breaths).
   - **Defibrillator** – apply Defibrillator if available and follow prompts.

2. Extinguish burning clothing
   - **Stop - Drop - Roll - Manage**
     - Pull casualty to ground
     - Wrap in blanket, jacket or similar
     - Roll casualty along ground until flames are extinguished
   - If a scald, quickly remove casualty’s wet clothing from affected area.

3. Hold burnt area under cold running water for 20 minutes for:
   - **Thermal**
   - **Scalds**
   - **Chemical**
   - **Bitumen**
   - **Electrical**

4. While under running water, remove jewellery and clothing from burnt area unless stuck to the burn.

5. Cover burn with a non-adherent dressing (or aluminium foil, plastic wrap or a wet clean dressing).

**Seek medical aid urgently if**

- Burn is deep, even if casualty does not feel any pain.
- A superficial burn is larger than a 20 cent piece.
- The burn involves airway, face, hands or genitals.
- You are unsure of the severity of the burn.

**WARNING**

- Do not apply lotions, ointment or fat to burns.
- Do not touch injured areas or burst any blisters.
- Do not remove anything sticking to the burn.
- Manage casualty for **shock** if burn is large or deep.