

How to treat a burn

Dry burns – heat or friction

Treatment

- DRABC
- Cold water for 10 minutes
- Do not over cool - hypothermia
- DO NOT remove burnt clothing
- Cover with non adherent dressing such as cling film
- If burn is bigger than 2.5cm², take casualty to hospital

Electrical burns

Treatment

- DRABC – switch off power
- Cold water for 10 minutes
- Do not over cool - hypothermia
- DO NOT remove burnt clothing
- Cover with non adherent dressing such as cling film
- Take casualty to hospital

Wet burns – hot liquid or steam

Treatment

- DRABC
- Remove jewellery or watches in case the skin swells
- Cold water for 10 minutes
- Do not over cool - hypothermia
- Remove clothing if large amount of hot liquid is present but do not put yourself at risk
- Cover with non adherent dressing such as cling film
- If burn is bigger than 2.5cm², take casualty to hospital

Chemical burns – acids or alkalis

Treatment

- DRABC
- Check nature of chemical
- Cold running water for 20 minutes washing away from unaffected skin
- Do not over cool - hypothermia
- Remove clothing if chemicals are spilt on clothes but do not put yourself at risk
- Cover with non adherent dressing such as cling film
- Take casualty to hospital with information on chemical

Cold burns – cold metal or liquid

Treatment

- DRABC
- Cold water for 10 minutes to warm up
- Do not use warm water
- Cover with sterile dressing
- If burn is severe, take casualty to hospital

Radiation burns – Sunlight

Treatment

- Remove casualty from sun
- Cold water for 10 minutes
- Give sips of water to prevent dehydration
- If sunburn is mild, use after sun or calamine lotion
- If blisters are present, take casualty to hospital