

## ***Burn First Aid***

If your child or someone you know is burned, take the following action:

### **Remove** clothing and jewellery

- Immediately remove clothing and jewellery from the burnt area.
- Clothing can hold heat on the burnt area. If swelling occurs, jewellery can block blood flow to the burnt area.



### **Cool** with running water

- Apply cold running water for 20 minutes.
- Keep the rest of the patient warm to prevent hypothermia.

### **Cover** and protect the burnt area

- Use clingwrap or a clean cloth to wrap the burnt area.
- Do NOT use ice, oil, creams or other substances.

### **Seek** medical attention

- Seek medical attention for all burns to children or the elderly or for adult burns larger than a 50 cent coin.



**Do not use ice**

***For further information***

[www.coolburns.com.au](http://www.coolburns.com.au)



Queensland Government



Centre For Children's  
Burns & Trauma Research



Queensland Children's  
Medical Research Institute

## ***What to do if your child is burned***



## **Burn First Aid and Injury Prevention**



Queensland Government

Tomorrow's Queensland: strong, green, smart, healthy and fair

## Every year in Queensland 1,500 children are hospitalised with a burn injury.

Burns can be caused in many different ways such as: hot liquid (tea, coffee, instant noodles); hot objects (ovens and BBQs); chemicals; campfires, electricity, friction and even sunburn. Burns are very painful, and deep burns will heal with scars which require ongoing surgery and rehabilitation therapy for many years.

- When your children or others around you are burned, immediately **REMOVE** the clothes under cold water. You may need to use scissors to cut off the clothes and remove them. If clothes or jewellery are stuck onto the skin, do not remove them and do not pop any blisters.



- Treat the burn with **COOL running water for 20 minutes**, because correct first aid has been scientifically proven to improve wound healing and reduce scarring.



## You can apply first aid up to 3 hours after the injury and it will still be effective

- Use clingwrap or a clean cloth to **COVER** the burnt area. **Do not apply any ice, oils, creams, or other household substances to the burn.** They will not help the wound to heal and may cause infection to the burnt skin. They will also interfere with the doctor's examination. **Keep the rest of the patient warm (e.g. with a blanket) to prevent hypothermia.**
- You may need to go to the hospital for further medical treatment. **SEEK** medical attention for all burns to children or the elderly or for adult burns larger than a 50 cent coin.



## Tips to prevent burn injury

- Ensure cups of tea and coffee are out of the reach of children.
- Turn the handle of the pot/kettle to the back of the stove so they are out of reach.
- Do not use tablecloths around young children.
- Do not hug or hold children when having hot food or drinks.
- Keep children away from hot objects such as irons, oven doors, BBQs, hair straighteners, heaters and exhaust pipes.
- Be careful when removing soups, drinks and noodles from the microwave.
- Keep bleach, dishwashing powder and other chemicals away from children.
- Do not smoke in bed or hold children while you are smoking.
- Always check the water temperature before children get into the bath or shower.
- Keep flammable liquids, such as petrol locked away.
- When camping, always extinguish your fire with water, not sand.

**Prevention is always better than cure**