



BURN INJURY GUIDE

Quick action can reduce pain, prevent infection, and limit damage.

REMEMBER THE 4 C's



COOL
Cool the burn with cool running water.



COVER
Cover the burn with a clean, non-stick dressing.



CHECK
Check for signs of a serious burn.



CALL
Call for help if needed.

TYPES OF BURNS



1ST DEGREE

Affects only the outer layer of skin.

- Redness
- Pain
- Dry

Examples: Sunburn, minor hot surface.



2ND DEGREE

Affects the outer layer and part of the layer underneath.

- Redness
- Blisters
- Swelling
- Very painful

Examples: Hot liquid, steam, flames.



3RD DEGREE

Affects all layers of the skin. May look dry, white, charred or leathery.

- May be painless (nerve damage)
- Severe damage

Examples: Fire, electrical burns, severe scalds.



GET EMERGENCY HELP IMMEDIATELY IF:

- ✓ The burn is large (bigger than your palm).
- ✓ The burn is on the face, hands, feet, groin, buttocks, or over a major joint.
- ✓ The burn is deep (white, charred, or leathery).
- ✓ The person has trouble breathing.
- ✓ The person is a child, older adult, or has a medical condition.

STEP-BY-STEP BURN FIRST AID



1 COOL THE BURN

Immediately cool the burn with cool (not ice cold) running water for 15–20 minutes.

i Cooling reduces pain and helps prevent deeper tissue damage.



2 COVER THE BURN

Cover the burn with a clean, sterile, non-stick dressing or cling wrap.

i This protects the burn and helps reduce infection.



3 ELEVATE (IF POSSIBLE)

Elevate the burned area above heart level to help reduce swelling and pain.



4 MANAGE PAIN

Give over-the-counter pain relief such as acetaminophen or ibuprofen if needed.

i Follow medication instructions on the label.



5 GET HELP IF NEEDED

Seek medical attention if the burn is severe, large, or near sensitive areas. Call 911 for serious burns.

WHAT NOT TO DO



Do NOT use ice or very cold water.
It can cause more damage.



Do NOT apply butter, oil, toothpaste, or any home remedies.
It can trap heat and increase the risk of infection.



Do NOT pop blisters.
It can cause infection.



Do NOT use cotton or fluffy dressings.
They can stick to the burn.



Do NOT give food or drink if medical help may be needed.

BURN PREVENTION TIPS

- ✓ Use protective equipment and clothing.
- ✓ Be careful with hot liquids, steam, and surfaces.
- ✓ Keep flammable items away from heat.
- ✓ Maintain equipment and follow safety procedures.
- ✓ Educate and stay alert.

SIGNS OF INFECTION

Seek medical care if you notice:

- Increased redness or swelling
- Pus or fluid
- Worsening pain
- Fever or chills



BURN FIRST AID SUPPLIES

- ✓ Clean running water
- ✓ Sterile non-stick dressings
- ✓ Cling wrap
- ✓ Pain relievers (acetaminophen / ibuprofen)
- ✓ Gloves
- ✓ First aid manual

