

# FIRST AID FOR BURNS



## THERMAL BURNS

### Caused by:

Hot liquids, steam, fire, other heat sources



## CHEMICAL BURNS

### Caused by:

Acids, alkalis, or other corrosive substances



### FIRST AID TREATMENT

- **Cool the Burn:** Immediately run cool (NOT cold) water over burn for several minutes or apply cool, wet compress.
- **Cover the Burn:** To protect the burn, use a sterile, non-fluffy dressing or a clean cloth.
- **Avoid Ice:** Never use ice, it can cause further damage to skin.
- **Pain Relief:** Can use over-the-counter medications (i.e., ibuprofen or acetaminophen).

### FIRST AID TREATMENT

- **Remove the Chemical:** Quickly remove contaminated clothing, jewelry, or other items while avoiding additional contact with chemical.
- **Rinse and Clear:** Flush affected area with cool running water for 10-20 minutes minimum.  
Note: Alkali burns may require longer flushing.
- **Seek Medical Help:** After rinsing, cover burn with a clean cloth and seek medical attention immediately.  
Note: Over time, chemical burns can continue to damage tissue.



## ELECTRICAL BURNS

### Caused by:

Exposure to electrical current

### FIRST AID TREATMENT

- **Respond Safely:** Ensure source of electricity is turned off before touching the injured individual to avoid electrocution.
- **Call for Help:** Call emergency services immediately.  
Note: Electrical burns often cause internal damage that is not visible.
- **Do Not Cool the Burn:** Cooling is not recommended for electrical burns, as it may complicate the assessment of internal injuries.
- **Cover the Burn:** Cover the burn with a clean, dry cloth until medical help arrives.

## SIGNS & SYMPTOMS OF BURN SEVERITY

1

### First-Degree Burns

- Redness
- Pain
- Swelling
- No blisters

2

### Second-Degree Burns

- Blisters
- Redness & swelling
- Pain
- Wet/moist appearance

3

### Third-Degree Burns

- Charred or white skin
- Lack of pain
- No blisters
- Insensitivity to touch