

A little Basic advice on the Treatment for burns

With everyone stuck at home BBQing and having campfires in the garden someone is bound to get burnt at some point.

Here is some simple first aid info on basic burns.

1. Stop the burning! Douse flames if necessary. Remove the person from the source of heat. Remember keep yourself safe! What's worse than one burn person???
2. Remove any jewellery, watches or clothing that could trap heat or get stuck to the burn. If the area swells this could also limit circulation.
3. Cool the burn as soon as possible. Ideally under lukewarm running water for a minimum of 20 minutes*. This stops the burning process by cooling the cause of the burn and removes any heat transferred in to the skin tissue.
*On my first aid courses I teach if possible to place the burnt area in a bowl of water with lukewarm water running in to the bowl, rather than directly under the tap as is a lot more comfortable whilst remaining effective in cooling the burn.
4. If the skin is broken cover with cling film by placing a cut square over the burn. Do not wrap the limb as if swelling occurs blood circulation could be stopped.
5. Hospital? If the burn is severe enough, they may need further care in A+E. If the the burn has broken the skin and is larger than the affected person's hand, if the burn has caused white or charred skin, burns on the face, hands, arms, feet, legs or genitals that cause blisters, all chemical and electrical burns. If in doubt phone NHS direct on 111.

Or just be careful and don't get burnt 🙌 🏠 🙌

Tom

