



# First Aid For BURNS



# BURNS

- Burns can result from exposure to the sun, hot liquids and objects, electricity, or chemicals.
- Burns are classified as **FIRST**, **SECOND** and **THIRD** degree depending on their depth, not on the amount of pain or the extent of the burn.



Epidermis  
Dermis  
Subcutaneous  
Muscle



Superficial  
(first degree)  
burn



Partial thickness  
(second degree)  
burn



Full thickness  
(third degree)  
burn





# FIRST DEGREE BURN



- involves only the outer layer of the skin.
- the skin is dry, painful, and sensitive to touch  
Ex. Sunburn



## SECOND DEGREE BURN



- involves several layers of skin.
- The skin becomes swollen, puffy, weepy, or blistered.



## THIRD DEGREE BURN



- involves all layers of skin and may include any underlying tissue or organs.
- the skin is dry, pale white or charred black, swollen and sometimes breaks open.



# PREVENTION:

- **Don't smoke in bed.**
- **To avoid kitchen burns:**
  - \*Use caution when handling hot foods.**
  - \*Turn pot handles toward the back of the stove.**
  - \*Smother burning food or grease with a lid or pot**



3. Never run if your clothing catches fire. Running will fan the flames. **STOP**, **DROP**, and **ROLL** on the ground to smother the flames.
4. Smother the flames with a blanket, rug, or coat.
5. Use water to douse the fire and cool skin.



# **HOME TREATMENT for FIRST and SECOND DEGREE BURNS**



Let's watch this first

[First aid - Dealing with  
burns.mp4](#)



## For first & second degree burns:

- Cool burned area with **cold** (not ice) water. Cold water is the best immediate treatment for minor burns. The cold lowers the skin temperature and lessens the severity of the burn. Do not use ice, because it may further damage the injured skin.



- Do not touch the wound with your hands or unsterile objects. Do not put butter, grease or oil. They increase the risk of infection.
- Do not break blisters that may develop. If blisters break, clean the area by running tap water over it. Apply an antibiotic.



- Leave the burn alone for 24 hours. Don't cover the burn unless clothing rubs on it. If it rubs, cover it with a gauze pad taped well away from the burn. Remove the dressing everyday and clean the wound, cover it again.



# HOME TREATMENT for THIRD DEGREE BURN

- THIRD DEGREE BURNS
- require immediate medical treatment. Call for medical help and apply medical treatment.





- Make sure the source of burn has been extinguished.
- Cool burned area with cold (not ice) water until pain lessens.
- Cover burned area with a sterile dressing to avoid infection.
- Keep burned arms and legs above heart level.
- Have the person lie down to prevent shock.



# CHEMICAL BURNS



- CHEMICAL BURNS- occur when something caustic, such as cleaning product—bleach, ammonia—household and garden products—fertilizers--, gasoline is splashed into the skin or onto the skin. It is important to read all product labels carefully.



## **Follow these home treatment for chemical burns in the skin:**

- Wash the area with large quantities of water for at least 20 minutes. Remove any contaminated clothing during the washing.



- Cover the burned area with a sterile dressing to avoid infection.
- Seek medical help if there is major skin exposure (more than  $\frac{1}{4}$  of any of any part of the body or on the face) to a strong acid such as battery acid.



**For chemical burns in the eyes, follow these procedures for home treatment.**



Although the eye looks "white and quiet," this is a severe alkali burn! The eye is "white" because of diffuse ischemia and blanching of the conjunctival vessels. This picture was taken one week following injury.

• Photograph courtesy of Dr. James Chodosh



- Immediately flush the eye or skin with water. If the eyes are involved, fill a sink or dishpan with water, immerse the face in the water, and open and close the eyelids to force the water to all parts of the eye. You may need to open and close the eyelids with the fingers. Or flush the eye under a running faucet or shower.

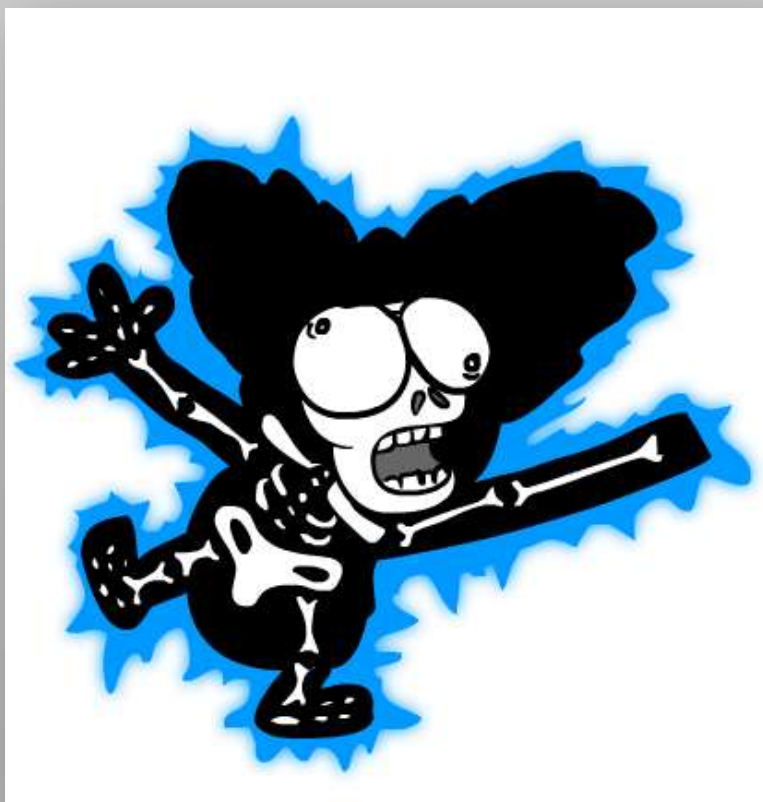


- Continue flushing for 15-20 minutes, or until the pain stops, whichever takes long.
- After flushing, cover the eye or skin with a clean bandage or cloth.
- Seek medical help if the eye still hurts after 20 minutes of home treatment and if the eye appears to be damaged.



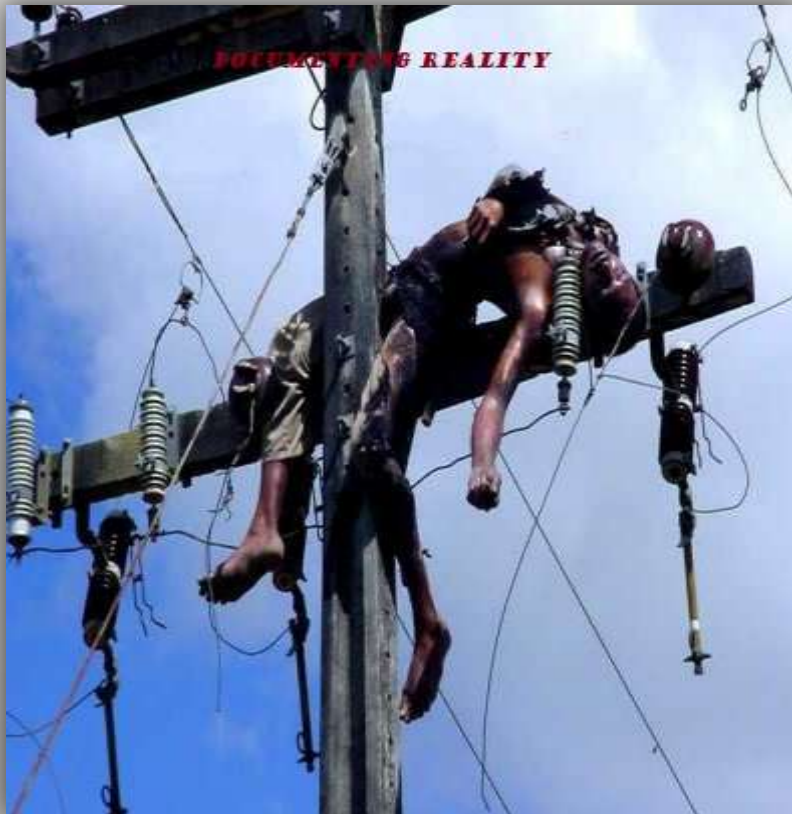
# ELECTRICAL BURNS

- ELECTRICAL injuries are devastating. Even with just a wild shock, a victim can suffer serious internal injuries. A current of 1,000 volts or more is considered high voltage, but even the 110 volts of household current can be deadly.





- High voltage electrical currents passing through the body may disrupt the normal heart rhythm, cause cardiac arrest, burns and other injuries.





## Hereunder are the first aid directions for electrical burns:

- Never approach or touch a victim of an electrical injury until you are sure the power is turned off.
- Check for breathing and pulse if the victim is unconscious.



- Check for other injuries. Because a powerful electric shock can cause strong muscular contractions or can throw the victim to the ground, the victim may have a fractured or spinal injury. Do not move the victim.



- Do not cool the burn. Cover any burn injuries with a dry, sterile dressing and give care for shock.
- If the victim is not breathing, begin rescue breathing immediately.



# END

**Safety means first aid  
to the uninjured.**

**~Author Unknown**