

# First aid for burns

1



## Stop the burning process

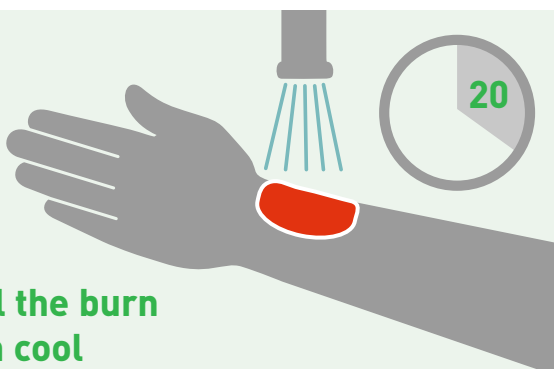
Consider your own safety first<sup>1</sup>.  
If on fire : Stop-drop-roll  
If electrical: Turn off current  
If chemical : remove the burning agent and irrigate with water"

2



## Remove all burnt clothing not adhering to the burn site and jewelry if it will cause constriction

3



## Cool the burn with cool running water for 20 minutes

as early as possible after the injury, within 3 hours. Never use ice, iced water, or any creams or greasy substances like butter.

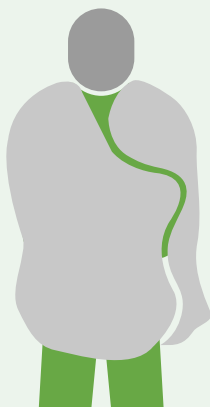
4



## Cover the burn loosely with a non-adherent simple dressing or cling film do not wrap circumferentially

5

## Keep the person warm: wrap the body in a clean dry blanket



6

## Seek medical assistance

Call 000 (Australia)  
111 (New Zealand)  
for emergency medical assistance



### Reference:

1. Australian & New Zealand Burn Association (ANZBA). First Aid Burn Care. Available from: <https://anzba.org.au/care/first-aid/>. Accessed 27/03/2024

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