



## National Burn Awareness Week February 7-13

February 7-13 is National Burn Awareness week. So we will look at what types of burns there are, what to do if you or someone should get burned, and some tips on how not to get burnt.

### TYPES OF BURNS

#### Thermal Burns

- Thermal burns are caused by flame, steam, hot liquid or contact with a hot surface. To treat the burn on-site use low pressure water, provide first aid if needed (such as CPR), treat or prevent shock, keep the victim warm with blankets, dial an emergency help line and stay with the victim until help arrives.

#### Electrical Burns

- Electrical burns are caused by currents of electricity. To treat the injury on-site, turn off the current to the electricity and pull the victim away from the accident area. Use low pressure water to extinguish any clothes on fire and provide first aid such as CPR if needed.

#### Chemical Burns

- Chemical burns are caused by hazardous materials. Use low pressure water, and remove any contaminated clothing while under the source of water. If the material is in a powder form, be sure to brush it from all clothing before applying water.

#### Chemical Burns and Eyes

- If your eyes are involved in the chemical burn, flush the eyes immediately. Remove contact lenses while the eyes are being flushed and hold the eyelids open.

### What should you do if you or someone gets burnt?

#### Stop the Burning Process

- Stop, drop and roll to smother the flames
- Cool the burn with cool (not cold) water. Do not use ice.
- Carefully remove clothing, jewelry or belts that are not firmly adhered to the victim

#### Check Breathing

- If the victim is not breathing, begin CPR
- Call 911**

#### Cover the Burn

- Small burns should be washed with soap and water and covered with a clean, dry dressing
- Large burns should be covered with a sheet or towel
- Do not use ointments or home remedies-this will make it harder to evaluate and treat the burn
- Do not break blisters; blisters serve as a protection for the wound

#### Seek Medical Attention if the Burn:

- Is on the face, hands, feet or pelvic area
- Is larger than the size of the victim's palm
- Is painless and larger than one inch in diameter
- Was caused by electricity or chemicals

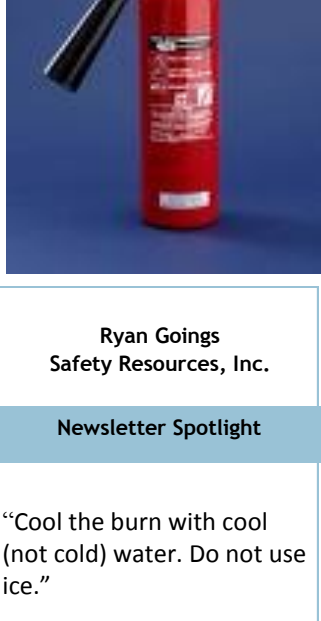
### Tips for Preventing Burns

- Keep your water heater set no higher than 50°C (125°F). Always run cold water into the bath-tub first, and then add the hot water.
- Keep hot liquids and containers, and electrical appliance flexes, away from the edge of tables and kitchen work-tops.
- When cooking, always make sure the pan handles don't overhang the edge of your cooker.
- Never wear loose clothing near cookers, open fires, and heaters. Always wear short sleeves when you are tending a fire or cooking.
- Be careful using microwave ovens. Steam escaping from the container can cause scalds. Foods can be just warm in one spot and scalding in another.
- Never forget that portable heaters, laundry irons, electric hair curlers, and even table lamps take time to cool down after use.
- Always switch off ovens and hotplates after use, and remember that they will stay hot enough to burn for some time after.
- Pay attention to "flammable" and "corrosive" warnings on chemical products. Always read and follow the safety guidelines.
- Never use petrol (gasoline) for anything other than to fuel an engine. Never top up a fuel tank in an enclosed space (such as a garage or shed).
- Keep away from outdoor power lines, and never fly a kite anywhere near them.
- Never throw aerosol cans or electric batteries on a fire. Never use petrol (gasoline), lighter fuel, or paraffin (kerosene) to make a fire burn better.
- Be safe in the sunshine - don't stay in the sun too long unless you are covered up or using sun-screen cream. Remember that you may not feel the sun burning you if there is a breeze cooling you or if you have been in water.
- If you are a burn survivor, it is especially important to keep the sun off the places that have been burned, because those places will not have the same natural protection as normal skin.
- Never leave a young child alone in a bathroom or kitchen or in a room with a convector heater or an open fire.
- Keep young children away from hot taps (faucets) and water pipes.
- Never drink hot tea or coffee while you are holding a child.
- Keep matches, lighters, and chemicals such as bleach out of reach of children.

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Questions or comments? E-mail us at [kvansoest@safetyresources.com](mailto:kvansoest@safetyresources.com) or call 800.641.5990

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#### Newsletter Spotlight

“Cool the burn with cool (not cold) water. Do not use ice.”

