

## First Aid for treating Burns

Burns is an injury to the skin or any other body tissue exposed to direct sources of heat, radiation, electricity, or chemicals. It can also be caused in the kitchen while handling hot liquids or by steam and open flames. This can happen unexpectedly and can lead to minor discomfort or severe injury with long-lasting consequences, such as reduced blood circulation, nerve damage, and an increased risk of skin cancer. Major burns need emergency medical help. Minor burns can usually be treated with First Aid.

Here are some **Dos and Don'ts** for providing First Aid:

Do's	Don'ts
<ul style="list-style-type: none"> <li>● <b>Cool the burn:</b> Hold the area under cool (not cold) running water for about 10 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>● Do not apply ice directly to a burn. Ice can cause further damage to the skin and tissues.</li> </ul>
<ul style="list-style-type: none"> <li>● <b>Gently remove</b> any tight clothing, jewelry, or accessories near the burned area before swelling occurs</li> </ul>	<ul style="list-style-type: none"> <li>● Do not remove clothing if it is stuck to a burn. Attempting to peel it off can potentially cause more harm to the skin</li> </ul>
<ul style="list-style-type: none"> <li>● <b>Apply a thin layer</b> of ointment, such as Silver sulfadiazine, or aloe vera gel on the burnt area to help prevent infection and promote healing.</li> </ul>	<ul style="list-style-type: none"> <li>● Avoid using home remedies like oils and creams. These can trap or heat bacteria, and worsen the injury</li> </ul>
<ul style="list-style-type: none"> <li>● <b>Cover the burnt area</b> with a loose, clean, non-stick, and non-fluffy, dry dressing material. This protects the area, reduces pain, and protects blistered skin</li> </ul>	<ul style="list-style-type: none"> <li>● Do not wrap too tightly as this can impede blood circulation</li> </ul>
<ul style="list-style-type: none"> <li>● <b>Maintain</b> hand hygiene</li> </ul>	<ul style="list-style-type: none"> <li>● Do not break blisters: Blisters help protect against infection</li> </ul>

**Call 102, Seek immediate medical attention** in the following cases:

- Major burns that are deep and encompass all skin layers, affecting critical areas such as the hands, feet, face, groin, buttocks, and major joints or limbs.
- Burns that are accompanied by smoke inhalation.

**Patients for Patient Safety Foundation**

[www.patientsforpatientsafety.in](http://www.patientsforpatientsafety.in)

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## **First Aid for treating Burns**

**To know more:**

- [List of emergency numbers in India](#)
- [What are the types of burns and their symptoms](#)
- [Indian Red Cross manual for First Aid \(page 182\)](#)
- [How to handle other emergencies at home with First Aid](#)

**Your Health, Your Responsibility**