



Burns First Aid Australia

Quick Steps to Treat Minor Burns Safely at Home



STOP THE BURNING

- Immediately remove the person from the source of the burn.
- For clothing on fire: stop, drop, cover the face, and roll.
- Smother flames with a blanket, if necessary.



COOL THE BURN

- Place the burn under cool **running water** for 20 minutes.
- If no water is available, cover with a cool, wet cloth.
- Do not use ice or icy water, as this can damage tissue.



PROTECT THE BURN

- Remove any **jewelry or tight clothing** around the burn area.
- Avoid using adhesive dressings on the burn itself.
- Use **burn gel or aloe vera gel** for soothing.



COVER THE BURN

- Loosely cover the burn with a clean, **non-stick dressing** or cling wrap.
- Use a sterile, **non-stick burn dressing** if available.
- Secure the dressing with a **bandage** to keep it in-place.



RELIEVE THE PAIN

- Give over-the-counter pain-relief such as **paracetamol or ibuprofen**.
- Elevate the burned area to reduce swelling.
- Avoid popping blisters, as this can lead to infection.



MONITOR FOR SHOCK OR INFECTION

- Watch for signs of shock, **pale, cold, clammy skin, rapid breathing, weakness**.
- Check for signs of infection: increased redness, swelling, pus, or fever.
- Keep the affected area clean and change the dressing regularly.



BEWARE OF SEVERE BURNS

- Second-degree burns larger than a **20-cent piece**.
- Third-degree burns (white, charred, leathery skin).
- Burns to the face, hands, feet, genitals, or airways.
- Electrical, chemical, or inhalation burns.



SEEK MEDICAL HELP

- Call **000 (triple zero)** for an ambulance in-emergencies.
- Visit a doctor if the burn is **large, deep, or shows signs of infection**.
- Follow up for burns that **worsen, don't heal, or are a sensitive area**.

