



NATIONAL
BurnsAwareness
MONTH

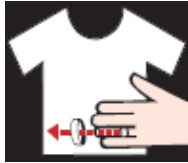
Burns First Aid

for Minor Burns

Middle/Upper Primary

First Aid Steps

Remove



Cool



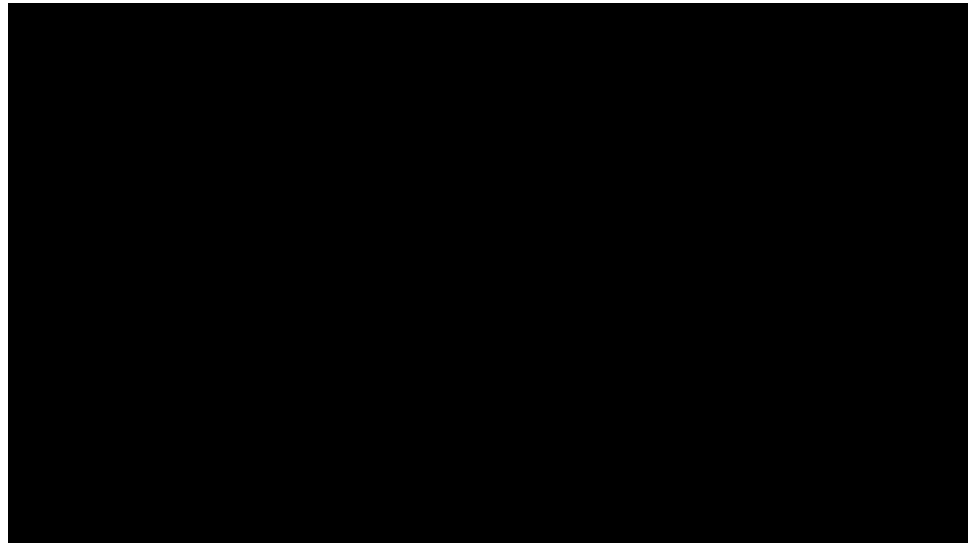
Cover



Seek



Watch this 70 second video for all the steps of first aid



<https://www.youtube.com/watch?v=qShrpiTidPI>

Remove



- **Remove** yourself from danger
- **Remove** any jewellery/clothing around the burn unless stuck to the skin

Cool



- **Cool** the burn under cool running water
- 20 minutes
- NEVER use ice, oil, butter, toothpaste
- If water is not available use a hydrogel

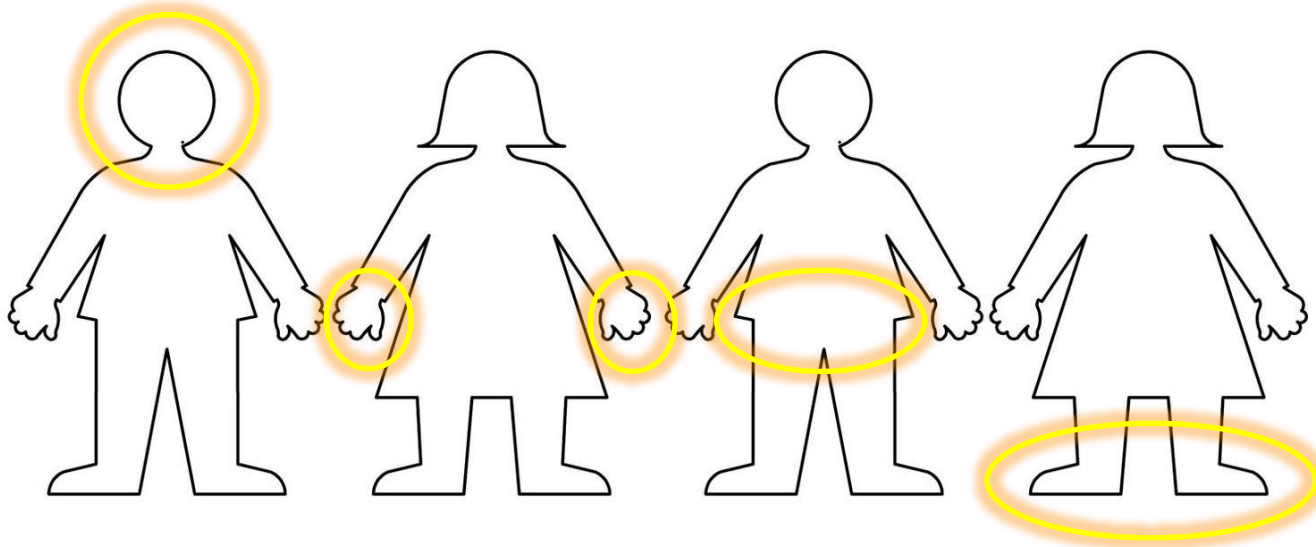
Cover



- For minor burns cover with a hydrogel, such as Burnaid®, to help relieve the pain
- Lightly **cover** the area with a clean dressing or cling wrap to protect the skin

Seek

- **Seek** medical advice if burn is on:
- Face
- Hands
- Lap
- Feet



- Or if larger than a 20c coin



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