

# Burns

## Definition:

Burns can occur from direct contact with any heat source, electricity, or certain chemicals. These injuries can range from minor superficial burns to very deep ones that damage muscles, tendons, nerves, and even bones.

## Small Burn Treatment:

- Wear disposable gloves.
- Rinse the burn in cool or cold water until the pain eases.
- Do not apply ice to a burn.
- Apply burn cream if no allergies exist.
- Cover with a clean, dry, nonstick dressing.

## Large Burn Treatment:

- If the person is on fire, put the fire out (Stop, Drop, and Roll).
- Wear disposable gloves.
- Remove jewelry and clothing that is not adhered to the skin.
- Cover the person with a dry blanket (to avoid hypothermia) and check for signs of shock.
- Monitor the vital signs and respiration.
- Send the person to the ER with an AED.

**NB:** Burns on the face, hands, or genitals are considered large burns and require hospitalization.

## Electrical Injuries

- Electricity can burn the body internally or externally.
- Electricity can stop breathing or cause a fatal irregular heart rhythm.
- Electricity may leave only small marks on the body.

## Treatment:

- Make sure the surroundings are safe.
- When it is safe to touch the injured person, see if he or she needs CPR.
- Send the person to the ER with an AED.