# Burns First Aid

## Stop the burning process
- If clothes catch fire, stop, drop, cover and roll
- Cover the face to protect the airway

## Cool
- With clean running water for up to 20 minutes
- Prolonged cooling of large burn injuries can cause hypothermia
- Duration of cooling should be considered in:
  - Large burn injuries (> 10% TBSA burns)
  - Burns in children or the elderly
- Prolonged cooling of deep burns is unlikely to be helpful
- 20 minutes of cool running water is most beneficial for minor partial thickness burns where the risk of hypothermia is minimal.

## Cover
- Use a clean, dry dressing or plastic cling film wrap to cover the burn
- Keep the patient warm

## Do not use ice

### Hydrogels
- Do not use hydrogel products in children
- Use hydrogels in adults only when water is unavailable – water provides the most effective first aid
- Do not leave hydrogel products on adults with extensive burns (>20% TBSA burns) for prolonged periods due to the risk of hypothermia

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**CONTACT DETAILS**

- **Alfred Hospital**
  - 1800 ALFRED (03) 9345 6396
- **Ambulance Victoria** 000
- **Victoria Burns Prevention Partnership** 03 9420 3729
- **St John** 1300 360 455
- **Adult Retrieval Victoria** 1300 368 661

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**COOL THE BURN, WARM THE PATIENT**

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**Last Updated: 08 May 2012**