

Burns First Aid

CONTACT DETAILS



The Royal **Children's**
Hospital Melbourne
(03) 9345 5522
Contact: Burn Registrar

AlfredHealth

Alfred Hospital
1800 ALFRED



Ambulance Victoria
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Victoria Burns
Prevention Partnership
03 9420 3729



St John
1300 360 455



Adult Retrieval Victoria
1300 368 661

Stop the burning process	Cool	Cover
<p>If clothes catch fire, stop, drop, cover and roll</p> <p>Cover the face to protect the airway</p>	<p>With clean running water for up to 20 minutes</p> <p>Prolonged cooling of large burn injuries can cause hypothermia</p> <p>Duration of cooling should be considered in:</p> <ul style="list-style-type: none"> • Large burn injuries (> 10% TBSA burns) • Burns in children or the elderly <p>Prolonged cooling of deep burns is unlikely to be helpful</p> <p>20 minutes of cool running water is most beneficial for minor partial thickness burns where the risk of hypothermia is minimal.</p>	<p>Use a clean, dry dressing or plastic cling film wrap to cover the burn</p> <p>Keep the patient warm</p>
	<p>Consider immersion in water or wet towels where there is no access to running water</p> <p>Do not use ice</p> <p>Hydrogels Do not use hydrogel products in children</p> <p>Use hydrogels in adults only when water is unavailable – water provides the most effective first aid</p> <p>Do not leave hydrogel products on adults with extensive burns (>20% TBSA burns) for prolonged periods due to the risk of hypothermia</p>	

**COOL
THE BURN,
WARM THE
PATIENT**