



Fiona Wood
Foundation

Burns First Aid Factsheet

1

IF ON FIRE

Stop, Drop to the ground, Cover face and Roll so fire is smothered.
Smother flames with a fire blanket and move away from heat source.

2

REMOVE clothing and jewellery

Clothing can hold heat on the burnt area.
If swelling occurs, jewellery can stop blood flow to the burnt area.

3

COOL with running water for at least 20 minutes

If running water is not available, wet 2 cloths and alternate them on to burn every 2 minutes.



**DO NOT USE ice, butter,
toothpaste or creams**

4

COVER the injury

Cover with a clean, lint-free cloth.

5

POSITION patient

Warm the patient and cool the burn.

6

SEEK medical attention

...if the burn looks pale and is larger than a 20 cent piece
...if the burn is on the face, hands, feet or groin area
...if blisters occur
...if you have any concerns.

www.fionawoodfoundation.com

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