

Burn Injury First Aid

This playbook outlines the steps to classify burn injuries and provide appropriate first aid treatment. It covers initial responses to burns ranging from minor to severe and when to seek professional medical assistance.

Step 1: **Assess Burn**

Evaluate the injury to determine the degree of the burn, which can range from first-degree to third-degree. Look at the size of the burn, depth, and the area affected. First-degree burns affect only the outer layer of skin, second-degree burns involve the outer and underlying layer of skin, and third-degree burns go through the dermis and affect deeper tissues.

Step 2: **Initial Response**

For minor burns, run cool (not cold) water over the burn for several minutes or apply a cool, wet compress to relieve pain and reduce swelling. Do **not** apply ice as it can cause further damage to the skin.

Step 3: **Cover Burn**

Use a sterile gauze bandage to loosely cover the burn. This helps to protect the injured area from infection. Avoid using fluffy cotton, or other materials that may stick to the burn.

Step 4: **Pain Management**

For pain relief, over-the-counter pain medications like ibuprofen or acetaminophen can be used. Follow the recommended dosage instructions.

Step 5: **Avoid Home Remedies**

Do not apply butter, oils, creams, or ointments to a severe burn. These can cause infection or trap heat in the tissue, worsening the injury.

Step 6: **Monitor Symptoms**

Watch for signs of shock, such as pale complexion, fainting, or shallow breathing in the person with the burn. Also, monitor for any changes or escalation in symptoms.

Step 7: **Seek Help**

Call for professional medical assistance if the burn is larger than three inches, is on the face, hands, feet, groin, buttocks or a major joint, or is a third-degree burn. Securing medical help is crucial if the person shows signs of shock.

General Notes

Chemical Burns

For chemical burns, remove any contaminated clothing and rinse the skin under running water for at least 10 to 20 minutes before following the usual burn treatment steps.

Electrical Burns

In case of an electrical burn, ensure the person is no longer in contact with the electrical source. Contact emergency services immediately as the injuries may be deeper than they appear.

Infection Watch

Be vigilant for signs of infection such as increased pain, redness, fever, swelling, or oozing from the burn site. Seek prompt medical attention if these symptoms occur.

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