

FIRE AND BURN SAFETY TIPS

ALWAYS REMAIN CAREFUL AND ALERT CLOSE TO ANY FIRE AREA OR THERMAL, ELECTRICAL, CHEMICAL AND RADIATION ENERGY.

Burns are painful wounds that can be life-threatening and may take long to heal, often leaving the patient with lifelong scarring.



BURNS ARE CLASSIFIED ON THE DEPTH AND SEVERITY OF HOW THEY DAMAGE THE SKIN

SUPERFICIAL

Burns only affect the outer layer of the skin or epidermis. The skin will present as red, painful and dry.

PARTIAL





Burns harm the epidermis and dermis, presenting as red, blistered skin, which may also be swollen and very painful.

FULL-THICKNESS




Burns destroy the epidermis, dermis and may also damage the underlying tissue. Burn area may appear charred or leathery (depends on the heat source and time since burned). Often there is little to no pain as the nerve endings have been damaged.

HOW TO MANAGE BURNS

NEVER

-  Remove burned clothing that is stuck to the body
-  Use very cold water or ice on a burn
-  Apply ointments, jellies, sprays or first-aid creams to severe burns
-  Burst blisters

ALWAYS

-  Remove jewellery and clothing that is not stuck from the part of the body that has been burned
-  Run tap water or room temperature water over the burn
-  Apply a burn dressing, if available, or a loose, clean, dry cloth, bandage or cling wrap to the burned area after it has been cooled and seek medical care

For moderate to severe burns, you should immediately call **082 909 0382**.