



Topic: Serious Burns

If you are exposed to hot machinery, electricity, steam liquids or strong chemicals, there could be a burn in your future.

All burns must be treated quickly and carefully. Though procedures differ in various circumstances, these first-aid rules stand firm:

- ✚ **Fire:** The first step is to get the victim to a safe location as quickly as possible.
- ✚ **Electricity:** Remove the victim from the source of power. If you actually touch the victim before this is done, you may also suffer a burn.
- ✚ **Chemicals:** Know what chemicals are being used and the correct procedure when a burn occurs. Most chemical burns should be flushed with water, but some, such as phosphorus chemicals, should not.



The most important rule: Never underestimate the severity of any burn, say burn specialists at *Shriners Hospital for Children* in Boston.

In general:

- ✚ Remove clothing and jewelry from the burned area. Removing jewelry is important because a burned area will always swell.
- ✚ Treat a smaller area using cold water for 30 to 60 minutes as recommended by the *American Red Cross*. Put it under running water. In the case of a hand or foot, the burned area can be immersed in a container of water. Don't treat it with ice or put any type of ointment on the burn. This is true except for some chemical burns.
- ✚ After treatment with water, wrap the area with a gauze dressing and take the victim to the emergency room for further treatment of any burn that is more than minor in nature.