**Burns First Aid Guideline**

**STOP**
- Maintain personal safety
- If clothes catch fire, extinguish
- Isolate electrical source
- Avoid chemical cross-contamination
- Stop the burning process

**REMOVE**
- Remove any burnt/contaminated clothing
- Leave any melted/adherent clothing
- Remove all nappies, jewellery and contact lenses near burned area, if able

**BEST PRACTICE**

**THERMAL BURN**
- Commence cooling/irrigation of burns as early as possible
- Do not apply ice/iced water/ice packs
- Irrigate with cool running tap water for 20 minutes
- Cooling beneficial up to 3 hours post burn injury

**CHEMICAL INJURY**
- Do not delay immediate irrigation for detailed assessment of patient or acquiring a particular irrigation fluid, regardless of delay in presentation.
- Commence urgent irrigation with a sterile isotonic solution (e.g. Hartmann’s or Normal Saline), an amphoteric solution (Diphtherine®), or water.

- Keep patient warm to prevent hypothermia (children and elderly are most susceptible)

- **If water supply is limited**
  - Use a cool water compress
  - Change compress frequently over 20 minute period

- **Hydrogel burn dressings**
  - LSEBN does not support the use of hydrogel burn dressings
  - Least effective method of removing heat from the wound

**COVER**
- Fully irrigated chemical injuries with a wet compress
- Fully cooled thermal burn wound with loose longitudinal strips of cling film
- Do not apply cling film to face
- Do not wrap cling film circumferentially

**CALL**
- Seek early advice from local Burn Service
- All burn injuries that fall within the Burn Referral Criteria should be discussed with the local Burn Service
- Telephone support and advice on initial care of any patient with a burn injury is available at all times

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**CONTACT DETAILS**

- **St Andrews Burns Service**
  - Broomfield Hospital (Chelmsford)
  - Adults: 01245 516037

- **Chelsea & Westminster Hospital (London)**
  - Adults: 02033152500
  - Children: 02033153706

- **Queen Victoria Hospital (East Grinstead)**
  - Adults: 01342 414440
  - Children: 01342 414469

- **Stoke Mandeville Hospital (Aylesbury)**
  - Adults and Children: 01296 315040

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**Adapted with permission from ANZBA and Victorian Burn Service**

**Approved by LSEBN CGG on April 2018**