



Safety Tip of the Week

First Aid for Burns

A burn can be painful or painless, according to the degree. The degree of a burn is determined by its location on the body and the number of skin layers affected. Heat, electricity, chemicals, or radiation can cause a burn. The first response in a burn situation is to stop the heat source or break contact between the heat source and the skin. The body holds in the heat and continues to burn until the skin cools. In many cases you can cool the burn with water. Unless told to by a medical professional, never use butter or ointments; they seal in heat and may cause infection. If blisters form, they should not be broken because they protect the burn from infection.



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The severity of a burn may not be obvious for up to 24 hours and infection may occur if improperly treated.

Always Seek Medical Help if the Victim:

- Has symptoms of shock.
- Has a head or neck burn or they are having trouble breathing.
- Has burns on the hands, feet, or groin area (making muscle and ligament damage more likely).
- If there are second or third-degree burns present.
- If the victim is over the age of 60 or under the age of 5.

SAFETY IS A FULL-TIME JOB...DON'T MAKE IT A PART TIME PRACTICE!!