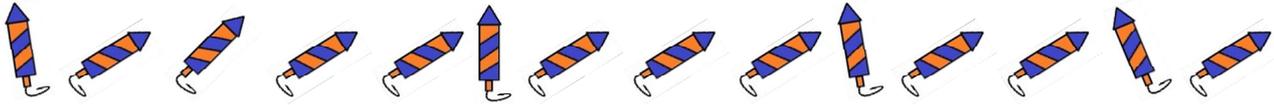


## Winter Safety - Burns



Fireworks season is upon us again and, while many of us enjoy attending a regulated public display, more and more of us are opting to host a display at home.

You can find invaluable advice on **firework safety** on The Royal Society for the Prevention of Accidents (RoSPA) website and the Health and Safety Executive (HSE) website.

This may also be a good time to take a moment to check your **first aid knowledge in the event of a burn**:

### Minor Burns

**Cool** the burn immediately using (ideally running) water for at least 10 minutes. Any cold, harmless liquid e.g. milk is acceptable if water is unavailable.

Carefully **remove** jewellery and clothing from the area before swelling starts. Do not remove anything that is stuck to the burn

**Dress** the burn with a sterile dressing that won't stick - cling film is ideal for this but make sure you **disregard** the first two turns of the roll as they won't be sterile. Don't wrap it tightly because the swelling may continue. Next, loosely secure a bandage over the top of the wrap.

Never apply creams or ointments and do not apply adhesive dressings.

### Severe Burns

These are burns that:

- Are larger in area than the casualty's hand,
- Go all the way around a limb,
- Are on hands, feet, genitals or face,
- Appear full thickness\*
- Are on a child

If a burn **appears severe or you are unsure**, call **999/112** for emergency help.

\*A full thickness burn is one where the layers of the skin are burnt away to the subcutaneous fat layer or even further. The area may look pale, waxy or charred. This is a severe burn and emergency treatment is required.

The subject of Burns is covered in greater detail on both the one-day Emergency First Aid at Work and the three-day First Aid at Work courses and **if you have any questions on this subject just ask**.

Hope this helps.