



AMBULANCE FACT SHEET

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Burns

Burns can cause extreme pain and scarring. Learn how to minimise the risk of burns by following this simple advice.



For all medical emergencies dial Triple Zero (000) immediately and ask for Ambulance

PREVENTING BURNS

- > Check bath water before placing a child in the bath to ensure it is a safe temperature.
- > Do not smoke around children but if you do, always make sure cigarettes are extinguished.
- > Never leave children alone in a bath.
- > Install fire guards on open fires and heaters.
- > Keep hot liquids out of children's reach. A hot cup of coffee or tea can cause severe burns.
- > Dress children in garments marked 'Low Fire Danger' and avoid loose fitting clothes.
- > Do not leave saucepan handles hanging over the edge of a stove.
- > Never leave fires or heaters unattended.
- > Never leave children unattended in a room with a fire.

- > Have fire extinguishers and fire blankets easily accessible in the house.
- > Develop a simple fire escape plan for your household and make sure it is displayed in a prominent position.
- > Teach children fire safety from an early age.
- > Install and regularly check smoke detectors.

IF A PERSON IS BURNT

- > Dial Triple Zero (000) immediately and ask for Ambulance.
- > Cool the burn area constantly with plenty of cool running water while waiting for the Ambulance.
- > This should be done for no less than 20 minutes.
- > DO NOT apply ointment, cream or butter to the affected area.
- > If possible remove rings and jewellery from burn areas.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

For further information please contact: