



FIRST AID BURNS & SCALDS

ACT AT ONCE-DELAY IS SERIOUS

- 1** Immediately immerse the affected area in cold running water (or Pour over) for at least 10 minutes or until the pain is relieved.
- 2** In the event of swelling, remove anything that may cause constriction i.e Belt, Shoes, Rings, etc.
- 3** Cover affected area with a dry sterile dressing.
- 4** Seek Medical attention

EMERGENCY SERVICES

| FIRST AID | AMBULANCE | HOSPITAL EMERGENCY |
|-----------|-----------|--------------------|
| 777 | 997 | 4320000 |