

FIRST AID FOR BURN & SCALDS

First Aid Burns and scalds

ACT AT ONCE-DELAY IS SERIOUS

- 1** Immediately immerse the affected area in (or pour over) cold running water 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: phone:	doctor: phone:	hospital: phone:
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