

Burns First Aid

Telephone advice and support is available at all times
Please see website www.lsebn.nhs.uk for burn protocols and guidelines

STOP

- Maintain personal safety
- If clothes catch fire, extinguish
- Isolate electrical source
- Avoid chemical cross-contamination
- Stop the burning process

REMOVE

- Remove any burnt/contaminated clothing
- Leave any melted/adherent clothing
- Remove all nappies, jewellery and contact lenses near burned area, if able

COOL THE BURN, WARM THE PATIENT

Best Practice

THERMAL BURN

Commence cooling/irrigation of burns as early as possible Do not apply ice/iced water/ice packs
Irrigate with cool running tap water for 20 minutes Cooling beneficial up to 3 hours post burn injury

CHEMICAL INJURY

Do not delay immediate irrigation for detailed assessment of patient or acquiring a particular irrigation fluid, regardless of delay in presentation.
Commence urgent irrigation with a sterile isotonic solution (e.g. Hartmann's or Normal Saline), an amphoteric solution (Diphoterine®), or water.

Keep patient warm to prevent hypothermia (children and elderly are most susceptible)

If water supply is limited

Use a cool water compress
Change compress frequently over 20 minute period

COVER

Fully irrigated chemical injuries with a wet compress
Fully cooled thermal burn wound with loose longitudinal strips of cling film
Do not apply cling film to face
Do not wrap cling film circumferentially

CALL

Seek early advice from local Burn Service
All burn injuries that fall within the **Burn Referral Criteria** should be discussed with the local Burn Service
Telephone support and advice on initial care of any patient with a burn injury is available at all times

CONTACT DETAILS

St Andrews Centre (Chelmsford)
Adults **0300 44 30475**
Children **0300 44 30405**

Chelsea & Westminster Hospital (London)
Adults **020 3315 2500**
Children **020 3315 3706**

The Royal London Hospital (London)
Adults and Children **020 3594 5693**

Queen Victoria Hospital (East Grinstead)
Adults **01342 414440**
Children **01342 414469**

Stoke Mandeville Hospital (Aylesbury)
Adults and Children **01296 315040**

John Radcliffe Hospital Oxford
Adult and Children **01865234760**

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