

# What not to do

**do not** use a  
**sticky dressing**  
e.g. a plaster



**do not** break  
**blisters** or  
**interfere** with the  
burn



**do not** apply any  
**lotions, ointment**  
or **fat** to the burn



**if you are worried** about  
the extent of the injury:  
**go to your nearest**  
**Accident and**  
**Emergency department**  
**or contact NHS Direct**

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# JUST ADD WATER

## First Aid for Burns and Scalds

Welsh Centre for Burns  
and Plastic Surgery



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Abertawe Bro Morgannwg  
University Health Board

## Q What is a Burn?

A Damage to the skin caused by heat from:

- Flame
- Sun
- Fire / Heater
- Radiator
- Chemicals
- Oven or Hob
- Electricity
- Hair straighteners

## Q What is a Scald?

A Damage to the skin caused by hot liquid from:

- Tea / Coffee
- Hot fat
- Bath water
- Kettle / Jug
- Microwaved food / liquid

# What to do



Apply **cool** water to the area for 20 minutes. If water is not available use another harmless liquid such as **Milk, Beer** or **Pop**



If the person is on fire, lay them on the floor and **smother the flames** with a **rug** or **blanket**.

**STOP!**   
**DROP!**   
**ROLL!** 

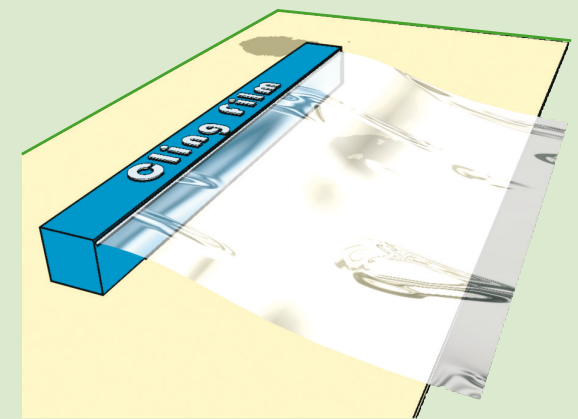


Then apply **cool** water

**Remove** any rings, watches, constricting clothing — **only if it is on or near** the burn, **and if not stuck** to the injured area.



**Cover** the burn with a clean non-fluffy material.



**Cling film makes a good temporary dressing**