FIRST AID | Burn Injuries

A **minor burn** is limited to an area no larger than 3 inches in diameter. There may be redness, swelling blisters and some pain. To treat a minor burn that doesn't require emergency care:



- 1. Cool the burn. Hold the burned area under cool (not cold) running water or apply a cool, wet compress until the pain eases.
- **2. Remove tight items.** Take off jewelry, including rings, or any other tight items that are on or near the burned area.
- **3. Don't break blisters.** If a blister breaks, clean the area with water. Apply an antibiotic ointment.
- **4. Apply burn ointment** or spray, if available in the first aid kit.
- **5. Bandage the burn.** Cover the burn with a sterile gauze bandage (not fluffy cotton). Wrap it loosely to avoid putting pressure on burned skin.

For **major burns** that are deep, larger than 3 inches in diameter or cover the hands, feet, face, groin, buttocks or a major joint, call 911 (or emergency services) or seek immediate medical care. Until emergency help arrives, there are some first aid tips that can assist a person with a major burn injury.

- **1. Protect from further harm.** If you can do so safely, make sure the injured person is not in contact with the source of the burn.
- **2. Remove tight items.** Take off jewelry, belts and other tight items, especially from around burned areas and the neck. Do not remove clothing that has melted or become stuck to burned skin.
- **3.** Cover the area of the burn. Use a cool, moist bandage or a clean cloth.
- **4. Elevate the burned area.** Raise the wound above heart level, if possible.
- **5.** Watch for signs of shock. Signs and symptoms include fainting, pale complexion or breathing in a notably shallow fashion

The information provided in this safety topic is not intended as a substitute for professional medical advice or formal first aid training.

A **chemical burn** can be caused by exposure to many substances like strong acids, cleaning agents and gasoline. Typically, a worker is aware of the cause of the chemical burn, but sometimes the pain and redness may not develop until sometime later after the exposure.



Before treating a chemical burn, **remove the cause of the burn.** Flush the chemical off the skin with cool running water for at least 10 minutes. For dry chemicals, safely brush off any remaining material before flushing.



An **electrical burn** can occur as a result of an electrical shock, depending on factors like the type of current, how high the voltage is, how the current traveled through the body and the person's overall health.

- Don't touch the victim if they are still in contact with the electrical current.
- Minor electrical burns can be treated as you would other minor burns.

COPYRIGHT AND DISCLAIMER

This material is the copyrighted property of Weeklysafety.com, LLC. Purchase of this material from Weeklysafety.com, LLC grants the owner the right to use this material for workplace safety and education purposes only. Use of this material for any other purpose, particularly commercial use, is prohibited. This material, including the photos, may not be resold. Weeklysafety.com, LLC does not warrant or assume any legal liability or responsibility for the accuracy, completeness, or usefulness of any information, apparatus, product, or process disclosed in these materials. Photos shown in this presentation may depict situations that are not in compliance with applicable Occupational Safety and Health Administration (OSHA) safety requirements. These materials are meant for informational purposes only and it is not the intent of Weeklysafety.com, LLC to provide compliance-based training. The intent is more to address hazard awareness in the construction and related industries, and to recognize the potential hazards present in many workplaces. These materials are intended to discuss Federal Regulations only, as individual State requirements may be more stringent. Many states operate their own state OSHA and may have standards that are different from information presented in this training. It is the responsibility of the employer and its employees to comply with all pertinent OSHA safety rules and regulations in the jurisdiction in which they work.

PHOTO ACKNOWLEDGMENTS

Unless specified below, all photos are the copyrighted property of Weeklysafety.com, LLC and may not be used in any other training materials or resold for any purpose.

0001985 Shutterstock License for Weeklysafety.com

For more information on this weekly safety topic, other topics that are available and the full list of FAQs please visit www.weeklysafety.com or email safety@weeklysafety.com.