

First aid for burns

Treating a burn quickly is important.



REMOVE

Remove yourself from danger and remove any clothing or jewellery



Remove clothing and nappies as they can stay hot.



COOL

Place the burn under cool, gently running water for 20 minutes



Do not use ice, ointments or anything else on burns.

Cover burns with a clean dressing and seek medical help.



PREVENT



REMOVE



COOL



COVER



SEEK

Learn more from the Tasmanian Burns Unit at health.tas.gov.au/burns and the Australian & New Zealand Burn Association anzba.org.au