

# First Aid - Burns and Scalds

### A. TRUE or FALSE. Write T or F

1. It is good to apply lotions, ointment or fat to a burn.
2. If it's not stuck, you can remove any clothing or jewellery around the burn.
3. A scald is caused by wet heat like hot liquids, hot oil and steam.
4. Do not use ice, gels or cream because it can increase the risk of infection.
5. You can burst the blisters.
6. Cooling the burns with cool running water quickly will help to reduce pain and swelling.

### B. Number the steps in order to treat burns.

- Apply a sterile dressing or cover loosely lengthways with kitchen film.
- Seek medical help if necessary.
- Move them away from the source of the heat.
- Remove any clothing or jewellery around the burn (unless stuck).
- Cool the burn with cool running water for at least 10 minutes