

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