

Treating Burns



Prep Consulting Co

1

Assess severity.

Identify size, location, and degree of burn. If the burn is over 3 inches in size or cover the hands, feet, face, groin, buttocks or a major joint. If sever, large or in one of those locations seek medical attention.

2

Cool the burn.

Run the burn under cool water or cover with a cool compress or ice pack covered in a towel. Pro Tip: Remove any rings or tight clothing before swelling sets in.

3

Apply ointment or lotion.

If blisters appear do not break. If they do break apply antibiotic ointment. Once the area is cooled apply lotion or aloe vera. Treat as an open wound and be very gentle as you are applying any ointments or lotions

4

Bandage.

Cover the burn with non-stick gauze and gently wrap, making sure to avoid putting pressure on the burned area. Take over the counter pain medication if needed.

SEEKING MEDICAL ATTENTION

If a burn is deep, dry and leathery, charred, over 3 inches or covers the hands, feet, face, groin, buttocks or a major joint seek medial help. Remove any tight clothing or jewelry, lightly cover in burn with cool , damp bandage (DO NOT SUBMERGE IN WATER). Elevate burn and monitor for shock until emergency services take over.