



The Mid Yorkshire Hospitals
NHS Trust

Preventing burns in the future and First Aid information

How can you be burn aware?

Burns can happen to anyone. This leaflet will provide you with advice on burn prevention and basic First Aid. It is important to be aware of possible things that may cause a burn and identify risks in and around your home.

How can you prevent a burn?

Burns and scalds can cause serious injury. Here are some suggestions for preventing burns in the future.

Fire:

- Do not leave candles unattended
- Keep matches and lighters out of sight and reach from children
- Have a smoke alarm on each level of your home, and check it is working once a week
- Make a plan for how you would escape from your home if there was a fire and practice it with your family
- Flammable materials, including fancy dress clothes can catch fire very easily. Be careful if you are wearing them near flames
- Have a fire guard in front of electric/gas fires, log burners and open fires
- Do not use petrol or other flammable liquids to light a barbeque/ fire pit
- Do not leave barbeques/ fire pits unattended when in use or when cooling down.

Hot appliances:

- Keep hot appliances out of reach
- Check hair straighteners and irons are cooling down somewhere safe
- Check appliance cables are not hanging down and are in a safe working order
- Do not overload plug sockets with extension leads
- Always use the rear hot plates/ rings on a cooker and turn the pan handles away from the front of the cooker.

Scalds:

- Only fill the kettle with the water you require rather than boiling a full kettle
- When running a bath, turn the cold water on first and check the temperature of the water before anyone gets in
- Consider fitting a thermostatic mixing valve onto taps
- Ensure that hot water bottles are of a good quality and do not show signs of wear
- Keep hot drinks out of reach of others.

Sun:

- Sunburn can occur in as little as 15 minutes even on a summers day in the UK
- Always wear high factor sunscreen when outside
- You can still get sunburn on a cloudy day.

What is the appropriate First Aid for a Burn?

If a burn does occur please take the appropriate actions.

STOP, DROP and ROLL on the ground if clothing is on fire.

The Three C's: Cool, Call and Cover

- C Cool the burn** with cool running tap water for **20** minutes and remove all clothing and jewellery
- C Call for help**- 999,111 or local GP for advice
- C Cover** with cling film or a sterile, non-fluffy dressing or cloth. This should be applied loosely and not to the face. Make sure the patient is kept warm.
- **Do Not** apply creams or lotions to the skin. This includes butter, nappy cream and toothpaste.
- **Do Not** burst the blister.

For enquires please contact:

Regional Paediatric Burns Unit: 01924 541931

Regional Adults Burn Centre: 01924 541700

With thanks to the British Burn Association Prevention Group and Mersey Burn Unit.

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: **01924 542972** or email: **myh-tr.palsmidyorks@nhs.net**

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