

Burns First Aid Guideline

CONTACT DETAILS



www.trips.nhs.uk

St Andrews Burns Service
Broomfield Hospital (Chelmsford)
Adults/Children **01245 516037**

Chelsea & Westminster Hospital (London)
Adults **02033152500**
Children **02033153706**

Queen Victoria Hospital (East Grinstead)
Adults **01342 414440**
Children **01342 414469**

Stoke Mandeville Hospital (Aylesbury)
Adults and Children **01296 315040**

STOP

Maintain personal safety
If clothes catch fire, extinguish
Isolate electrical source
Avoid chemical cross-contamination
Stop the burning process

REMOVE

Remove any burnt/contaminated clothing
Leave any melted/adherent clothing
Remove all nappies, jewellery and contact lenses near burned area, if able

COOL THE BURN WARM THE PATIENT

Best Practice

THERMAL BURN

Commence cooling/irrigation of burns as early as possible
Do not apply ice/iced water/ice packs
Irrigate with cool running tap water for 20 minutes
Cooling beneficial up to 3 hours post burn injury

CHEMICAL INJURY

Do not delay immediate irrigation for detailed assessment of patient or acquiring a particular irrigation fluid, regardless of delay in presentation.
Commence urgent irrigation with a sterile isotonic solution (e.g. Hartmann's or Normal Saline), an amphoteric solution (Diphoterine®), or water.

Keep patient warm to prevent hypothermia (children and elderly are most susceptible)

If water supply is limited

Use a cool water compress
Change compress frequently over 20 minute period

Hydrogel burn dressings

LSEBN does not support the use of hydrogel burn dressings
Least effective method of removing heat from the wound



COVER

Fully irrigated chemical injuries with a wet compress
Fully cooled thermal burn wound with loose longitudinal strips of cling film
Do not apply cling film to face
Do not wrap cling film circumferentially

CALL

Seek early advice from **local Burn Service**
All burn injuries that fall within the **Burn Referral Criteria** should be discussed with the **local Burn Service**
Telephone support and advice on initial care of any patient with a burn injury is available at all times