**5 - First Aid For Burns: Safety Training**

EH&S – MGA

Goals: This safety session should teach you to:
A. Recognize the different types of burns.
B. Know when burns require medical attention and how to provide first aid for burns.

OSHA Regulations: **29 CFR 1910.151**

1. Immediate, Proper Response Is Essential When Someone Is Burned
   A. The many workplace burn hazards include contact with flame, sparks, steam, heated liquids, hot machinery or equipment, certain chemicals, and live electricity.

2. Burn Seriousness Is Rated by Degrees
   A. First-degree burns, the least serious, cause some pain and reddening of the skin (e.g., most sunburn).
   B. Second-degree burns redden skin and cause pain and blisters (e.g., from scalding).
   C. Third-degree burns are extremely serious medical emergencies. They destroy the skin and damage or destroy underlying nerves and tissues, and sometimes even muscle or bone. Skin appears white or charred.
   D. Chemical burns, (e.g., from contact with corrosives) can damage the skin or eyes.
   E. Electrical burns, from contact with live electricity, can damage the skin and sometimes underlying tissue.

3. Some Burns Demand Immediate Medical Attention
   A. All third-degree burns require immediate medical help. Damage may cause dangerous, even fatal, infections. Destroyed skin may need skin grafts. Get prompt medical attention for:
      1. Second-degree burns that are large or involve the hands, face, or genitals
      2. Chemical burns that affect the eyes or large skin areas
      3. Electrical burns, since they may be more serious than they look

4. Act Quickly, But Don’t Try to Treat Third-Degree Burns
   A. Wrap a person who is on fire in a blanket or coat, or make him/her drop and roll.
   B. Place a clean cloth on the burn, but don’t try to cool or treat it or remove clothes.
   C. Get the victim immediate medical help.

5. Provide Prompt, Proper First Aid for First- and Second-Degree Burns and Electrical Burns
   A. Cut away loose clothing from the burn area, but don’t touch clothing that’s stuck to the burn.
   B. Don’t rub the body.
   C. Place the burned body part in cold water or apply wrapped ice packs.
   D. Cover burns with clean cloth or dressing.
   E. Elevate burned limbs.
   F. Provide aspirin or ibuprofen to relieve pain.
G. DON’T use butter, petroleum jelly, ointments, or unwrapped ice on a burn.
   1. It’s all right to use aloe vera gel on a minor burn.
H. If a blister breaks, wash gently with soap and water and then cover with an antibiotic cream and sterile bandage.
   1. Wash the area and change the bandage daily.
   2. For large blisters, see a doctor.
I. Treat electrical burns like first- and second-degree burns, but get medical attention to be sure they’re not worse than they appear.

6. Flush Chemical Burns Promptly According to MSDS Instructions
   A. Check the substance’s SDS for first aid instructions. In general, you should:
   B. Promptly remove contaminated clothing.
   C. Flush the affected eye or skin area with cool water for 15 minutes.
   D. Cover the affected part with a cool compress and seek medical attention.

7. Be Alert for Other Burn-Related Problems
   A. Provide first aid for shock if needed, and check for breathing problems.

**Summation: Know How to Treat Burns Quickly and Correctly**

Knowing how to recognize burn types, and getting the victim fast and proper medical help or first aid, can prevent worse burn damage or even death.