Burns First Aid Guidelines

The prompt and effective application of burns first aid has been shown to positively impact on the burn outcome, preventing further tissue damage and reducing subsequent morbidity (Wood et al, 2016; Cuttle et al 2009; British Burn Association, 2018).

However, there is widespread variation in the first aid advice currently available for management of burns and scalds (Skinner and Peat, 2002; Varley, 2013; Wallace, 2013; Walker et al, 2005). The following recommendations are based on Stoke Mandeville Hospital Burns Unit guidelines based on evidence from a systematic literature review and form a minimum standard of care for first aid management of burns and scalds that is practical and effective to perform in any setting or environment (British Burn Association, 2018).

**Any patient suffering with extreme burns, >5% burns (Refer to Burns Assessment Document) or burns to the facial area, should be assessed within the Emergency Department and 999 MUST be called.**

**Immediacy of decontamination and dilution through irrigation of chemical injury is paramount as the duration of the chemical’s contact with the skin is a major determination of burn severity (Palao et al, 2010; Chau, Lee and Lo, 2012).**

**STOP** the burning process

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