

# LEARN THE CORRECT FIRST AID



## HEAT BURNS

Heat burns are caused by flames, hot surfaces, steam or hot liquids, etc.

Immerse the burn in cool, running water for at least five minutes. If clothing is stuck to the skin, do not remove it. Pat dry. Do not apply oils, creams or treatments. Cover with a dry, sterile dressing.



## ELECTRICAL BURNS

Electrical burns are caused by shocks from appliances, faulty cords, outdoor wires, etc.

Don't touch the person unless they are removed from the electrical current! Dial 9-1-1 or the emergency number in your area immediately. An electrical burn should always be treated professionally.



## CHEMICAL BURNS

Chemical burns are caused by acids, industrial chemicals, household cleaners, beauty products, etc.

Flood the burned area with running, lukewarm water for at least five minutes. Remove all contaminated clothing. Rinse the burn with cool water. Cover with a dry, sterile dressing.

For chemical burns of the eye: Remove contact lenses. Flood eyes with running water for at least twenty minutes. Cover with a dry, sterile dressing and bandage in place. Get medical attention immediately.

## REDUCE YOUR RISK OF BURNS

- Teach your family burn prevention tips.
- Burn proof your home by removing potential hazards.
- Know the correct first aid procedures.
- Watch for complications and decide when to get medical help.

# PREVENTING BURNS

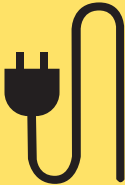
## IN YOUR HOME



## GET MEDICAL HELP IF:

- The burn is located on the face or eyes.
- Swelling, blistering or infection develops.
- The victim is a child, sick or elderly person.
- The pain is severe.

For serious burns, check breathing, pulse and for possible signs of shock. Administer first aid if necessary. Keep the victim warm and quiet while waiting for help to arrive.



# DON'T GET BURNED!

*Burns are a serious injury affecting thousands each year. Since most burns occur in the home, your family can be safer by following a few precautions.*



## IN GENERAL

- Keep matches and lighters out of children's reach.
- Check your home for frayed or broken electrical cords.
- If an appliance gives off smoke or a burning odor, unplug it immediately.
- If little ones are present, cover unused electrical outlets with plastic caps.
- Keep loose electrical cords away from small children.
- Never leave children unattended around heat sources, including heaters, fireplaces and woodstoves.

## OUTDOORS

- Label products clearly, especially if they are poisonous or flammable.
- Before adding gasoline to your lawnmower, turn off the engine and let it cool.
- Never throw gas or lighter fluid on an open flame.
- When using a barbecue grill, keep children in a safe, supervised place.

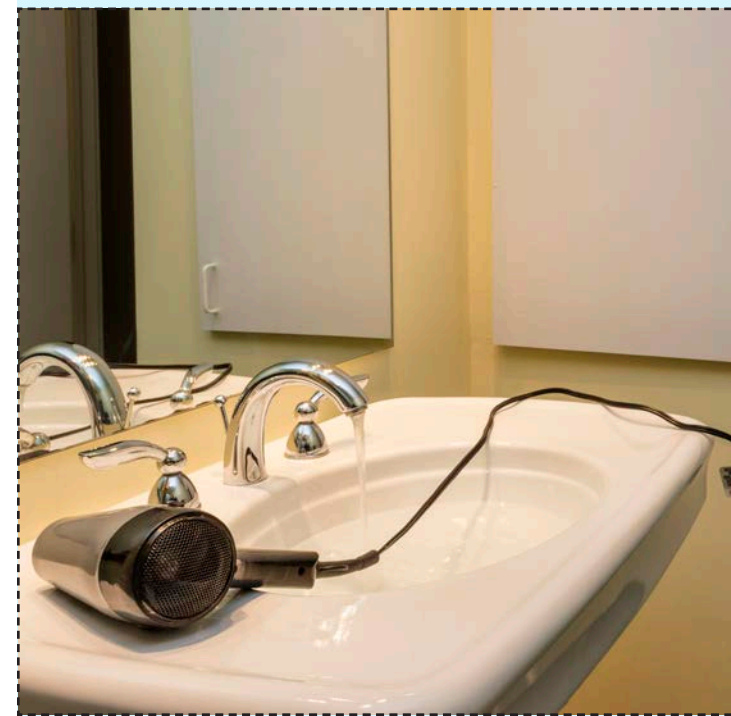


## IN THE KITCHEN

- Keep cords away from counter edges where children can pull on them.
- In case of a grease fire, cover the pan with a lid and then turn off the burner. Never throw water on the flames.
- Use extra caution when cooking with a microwave since food and liquids may heat unevenly.
- Turn pot handles inward or use back burners to prevent hot foods from spilling.
- When cooking, wear close-fitting sleeves or roll them up.
- Never leave cooking unattended, especially when children are around.
- To prevent children from pulling hot foods off the table, move dishes away from the edge and use placemats instead of tablecloths.
- Always use potholders when cooking or handling hot foods.

## IN THE BATHROOM

- When running a bath, turn on the cold water first, then the hot.
- Always check water temperature before bathing small children. Never leave a child unattended in the bath.
- Set hot water heaters to 120°F or less.
- Never use appliances, like hair dryers and shavers, near running water or a full sink.
- Keep all chemicals and cleaning supplies out of children's reach.
- Avoid using space heaters in the bathroom.



**IF YOUR CLOTHES CATCH ON FIRE**  
**STOP, DROP, AND ROLL**  
**ON THE GROUND TO PUT THE FIRE OUT!**

