



**St John**

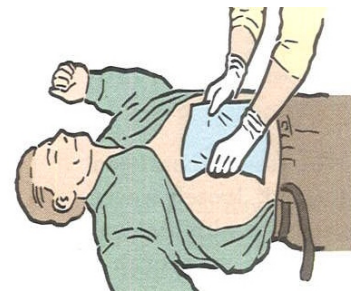
**Saving Lives –  
at Work, Home  
and Play**

# Heat Burns



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1. Cool the burn immediately in cool running water. If you cannot do this, pour cool, clean water on the area or cover it with a clean, wet cloth.
2. Never rub butter or oily substances onto a burn area.
3. Cool the burn until the pain has lessened.
4. Loosen or remove anything on or near the burn area that is tight e.g. jewellery or clothing.
5. When the pain has lessened, loosely cover the burn with a clean, fluff-free dressing.
6. Monitor the casualty for shock whilst arranging for medical help.



## EMERGENCY NUMBERS

Ambulance.....

Emergency Room.....

Family Doctor.....

Poison Info Centre.....

Police.....

Fire.....