

Burns

It is the damage to the body tissues from extreme heat or extreme cold. It may be caused by heat, electricity, or chemicals.

The speed of managing burn cases may reduce the complications that might arise leading to a long recovery.

The general first aid applied in burns include:

1. Remove the cause from the casualty or remove the casualty from the cause.
2. Remove the burning clothes. Do not remove clothes that are adhered to the burnt skin.
3. Gently remove any accessories (eg, rings, jewelry, watches, necklaces, belts, shoes, etc.)
4. Place the affected area under slowly running cold tap water for no less than 10 min.
5. Lightly cover the injured area with a sterile dressing immersed in cold water.
6. Do not attempt to open or prick any blisters if present to prevent infection and do not touch it with your hands.
7. Do not apply any solutions, ointments or crèmes or any commercial cosmetics on the affected area as this may lead to preserving the heat of the burn leading to contamination. It will also result in complicating the medical professional's mission.