

# **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.