

Stay safe: burns and scalds

By safely disposing of your liquid waste, you are helping to protect the natural environment. But it's important to protect yourself and others too.

Each year thousands of people die or are seriously injured through accidents. A lot of these deaths could have been prevented if first aid was given before the emergency services arrived.

What should you do if someone is injured?

- First, check you and the injured person are not in any danger. If you are, make it safe
- Call 999 or 112 for medical help or an ambulance. The operator will be able to talk you through basic life-saving instructions
- Provide the injured person with first aid.

The following provides useful instructions on how to apply basic first aid in the event of a burn or scold:

Burns and scalds

First aid should ideally be performed within twenty minutes of the burning or scalding:

- Cool the burn as quickly as possible with cool running water for at least 20 minutes, or until the pain is relieved
- Call 999 or seek medical help, if needed
- While cooling the burn, carefully remove any clothing or jewellery, unless it's attached to the skin
- If you're cooling a large burnt area, particularly in babies, children or the elderly, be aware this may cause hypothermia. Therefore, you may need to stop cooling the burn
- Cover the burn loosely with cling film. If cling film isn't available, use a clean dry dressing or non-fluffy material. Remember not to wrap the burn tightly as swelling may lead to further injury
- Do not apply creams, lotions or sprays to the burn.



For chemical burns:

- Wear protective gloves
- Remove any affected clothing and rinse the burn with cool running water for at least 20 minutes to remove the chemical
- If possible, determine the cause of the injury
- In certain situations where a chemical is regularly handled, a specific chemical antidote may be available to use
- Be careful not to contaminate and injure yourself with the chemical, and wear protective clothing, if necessary
- Call 999 or 112 for immediate medical help!

