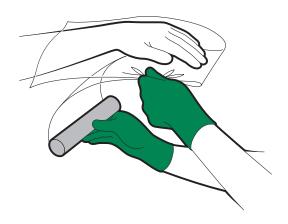


HOW TO TREAT A BURN OR SCALD

- 1. Move the person away from the heat.
- 2. Place the burn or scald under cold running water for a minimum of 10 minutes.
- 3. Remove jewellery and clothing around the area, unless stuck to the burn.
- 4. Cover the burn loosely, lengthways with kitchen film to prevent infection. Don't burst the blisters.
- 5. If it is serious call 999.





Learn first aid.

Help save lives.

Be the difference.

More life saving techniques and videos can be found on our website.

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