



## GOALS

This safety session should teach employees to:

- Recognize the different types of burns.
- Know when burns require medical attention and how to provide first aid for burns.

### Applicable Regulations: 29 CFR 1910.151



#### 1. Immediate, proper response is essential when someone is burned.

- 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.

- First-degree burns, the least serious, cause some pain and reddening of the skin (e.g., most sunburn).
- Second-degree burns redden skin and cause pain and blisters (e.g., from scalding).
- 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.
- Chemical burns, (e.g., from contact with corrosives) can damage the skin or eyes.
- Electrical burns, from contact with live electricity, can damage the skin and sometimes underlying tissue.

#### 3. Some burns demand immediate medical attention.

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:

- Second-degree burns that are large or involve the hands, face, or genitals;
- Chemical burns that affect the eyes or large skin areas; *and*
- Electrical burns, since they may be more serious than they look.

#### 4. Act quickly, but don't try to treat third-degree burns.

- Wrap a person who is on fire in a blanket or coat, or make him or her drop and roll.
- Place a clean cloth on the burn, but don't try to cool or treat it or remove clothes.
- Get the victim immediate medical help.

#### 5. Provide prompt, proper first aid for first- and second-degree burns and electrical burns.

- Cut away loose clothing from the burn area, but don't touch clothing that's stuck to the burn.
- Don't rub the body.



- Place the burned body part in cold water, or apply wrapped ice packs.
- Cover burns with clean cloth or dressing.
- Elevate burned limbs.
- Provide aspirin or ibuprofen to relieve pain.
- DON'T use butter, petroleum jelly, ointments, or unwrapped ice on a burn.
  - It's alright to use aloe vera gel on a minor burn.
- If a blister breaks, wash gently with soap and water and then cover with an antibiotic cream and sterile bandage.
  - Wash the area, and change the bandage daily.
  - For large blisters, see a doctor.
- 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 safety data sheet (SDS) instructions.

Check the substance's SDS for first-aid instructions. In general, you should:

- Promptly remove contaminated clothing.
- Flush the affected eye or skin area with cool water for 15 minutes.
- Cover the affected part with a cool compress and seek medical attention.

### 7. Be alert for other burn-related problems.

- Provide first aid for shock if needed, and check for breathing problems.



#### DISCUSSION POINTS:

Illustrate the talk with a first-aid kit and an SDS for a chemical that could burn the skin.



#### CONCLUSION:

- 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.



#### TEST YOUR KNOWLEDGE:

Have your employees take the First Aid for Burns quiz. By testing their knowledge, you can judge their ability to recognize when burns require medical attention and whether they need to review this important topic again soon.



## TREAT BURNS WITH A HIGH DEGREE OF SERIOUSNESS

### THIRD-DEGREE BURNS ARE EXTREMELY SERIOUS.

If skin is white or charred and burned through:

- Don't try to treat or cool the burn or remove clothing that's stuck to it.
- Cover with clean cloth.
- Elevate burned limbs.
- Get immediate medical attention.

### SECOND-DEGREE BURNS NEED CAREFUL ATTENTION.

If skin is red and blistered:

- Remove clothing, unless it's stuck to the burn.
- Apply cool water or wrapped ice packs.
- Don't break blisters.
- Get quick medical attention if the burn is large or on the face, hands, or genitals.

### FIRST-DEGREE BURNS NEED PROPER FIRST AID.

If skin is red:

- Apply cool water or wrapped ice.
- Cover with clean cloth or dressing.
- Take aspirin or ibuprofen to relieve pain.

### CHEMICAL BURNS NEED FLUSHING.

If the safety data sheet (SDS) says a chemical can burn:

- Check SDS first-aid instructions.
- Remove contaminated clothing.
- Flush burned skin or eye with water for 15 minutes.
- Cover burn with clean cloth and get medical attention.

### AVOID MAKING A BURN WORSE.

#### DON'T:

- ✗ Apply unwrapped ice, butter, petroleum jelly, or ointment.
- ✗ Cut away clothing that's stuck to a burn.
- ✗ Rub the body.

#### DO:

- ✓ Check for shock and breathing problems, and provide necessary first aid.
- ✓ Get medical attention if a burn isn't healing well or causes ongoing pain.