
Video Discussion Questions:

1. What are the 5 signs to look for when looking for Burns/Scalds?

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2. What is the first thing you should do when there is a burn injury?

3. What should you not use on a burn as it may damage the tissue and increase the risk for infection?

4. Under what conditions should you call for an ambulance?

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5. What are the 4 steps you should remember when treating a burn?

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Answer Key

1. What are the 5 signs to look for burns/scalds?

- Red skin
- Swelling
- Blisters on skin
- Peeling skin
- White or scorched skin

2. What is the first thing you should do when there is a burn injury?

For 1st and 2nd degree burns, cool the burned area with *cool* running water for up to 10 minutes. This helps stop the burning process, numbs the pain, and prevents or reduces swelling.

3. What should you not use on a burn as it may damage the tissue and increase the risk for infection?

You should not use ice, gels, or creams. Grease holds in heat which may make the burn worse. Ice delays the healing process.

4. Under what conditions should you call for an ambulance?

- Serious burn
- Larger than hand
- Burn to face, hands, or feet
- Deep burn

5. What are the 4 steps you should remember when treating a burn?

- Remove the injured worker from the heat source
- Run under water for a minimum of 10 minutes or until the burn feels better
- If a serious burn, larger than your hand, or on the face, hands or feet – call an ambulance
- Treat the injured party for shock