



Company Name: _____ Job Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

Topic 17: First Aid for Burns

Introduction: Burns are a common workplace injury that can be caused by several different means, and may cause a varying degree of tissue damage. The best treatment for burns is prevention, however, when burns occur on the job, first aid is often necessary to minimize the damage to the victim and to optimize recovery. First aid is only that, **FIRST** aid, and is not intended as final treatment. The following are recommended procedures for first aid for burns:

Assess the Situation:

- Put on any personal protection equipment which may be necessary for the situation, such as latex gloves for protection from blood born pathogens.
- Determine the cause of the injury and eliminate any hazards that may affect the victim, or you as the first aid provider.
- If the victim is not in any danger, do not move them.
- Treat life threatening situations first: severe bleeding, cardiac arrest, or if the victim has stopped breathing
- Do not become a victim yourself. Leave rescue to trained personnel.



Following is a brief explanation of the severity and classification of burns: Identifying the severity of the burn is the first step to administering first aid.

- **1st Degree** – 1st Degree Burns are identified by redness of skin and are generally considered to be uncomfortable. 1st Degree burns are painful but not severe and generally heal on their own with little treatment.
- **2nd Degree** – 2nd Degree Burns are very painful. The burns are generally identified by blistering and extreme redness of skin.
- **3rd Degree** – 3rd Degree Burns may cause charring, whiteness, and permanent discoloration of skin. Though no pain may be present due to nerve damage, 3rd Degree Burns can be considered life threatening.

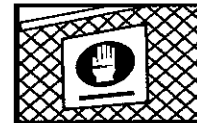
Burns due to Fire: Fire generally cause 2nd and 3rd degree burns. Second degree burns from fire show redness, swelling, and blistering. Third degree burns have a white or charred appearance. Treat 2nd and 3rd degree burns as follows:

- Cover all burned skin with a dry sterile dressing or cloth.
- Elevate the burned arm or leg above the heart to reduce pain.
- Do not attempt to remove any clothing or jewelry that may adhere to the skin.
- Do not attempt to “pull apart” fingers that may be fused together.
- Seek immediate Emergency Medical attention



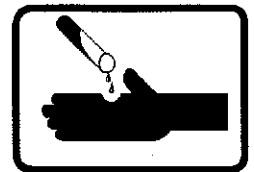
Burns due to Electricity: Second and Third degree burns are common for victims of electrical shock. Treat burns as follows:

- Ensure that all electrical current has been turned off!!!
- Check for breathing and do CPR if necessary.
- Cover all burned skin with a dry sterile dressing or cloth.
- Elevate the burned limb to reduce pain and relieve shock.



Burns due to Chemicals: Chemicals may cause damage long after initial contact with the skin. Treat as follows:

- If the victims eyes have been splashed with a chemical, flush the eyes with water for 15-20 minutes or until medical personnel arrive.
- Read the Material Safety Data Sheet (MSDS) for proper first aid treatment, and when appropriate, rinse with water.
- If necessary, seek Emergency Medical attention (always take the Material Safety Data Sheet and chemical with you).



Conclusion: It is important to remember that serious burns of any type cause nerve damage that disables the healing process in the skin tissues. In addition, the body’s immune system will not respond with the normal antibodies to fight off subsequent infections associated with burns. In order to help reduce future complications, extra care should be taken to avoid unnecessary contamination resulting in infection.

Work Site Review

Work-Site Hazards and Safety Suggestions: _____

Personnel Safety Violations: _____

Material Safety Data Sheets Reviewed: _____ (Name of Chemical)

Employee Signatures: _____
(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)

Foreman/Supervisor’s Signature: _____

The first aid information provided is intended to be general in nature and is based upon the “best available” guidelines. No results either general or specific are represented or guaranteed. These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.