

# Teacher guidance

## KS2 Burns & scalds



This guidance sheet is designed to support teachers who are new to teaching basic first aid using our first aid resources. Before delivering any first aid skills, teachers must feel confident that they have the relevant knowledge and competency to safely teach the required techniques.

The content of this guide covers how to recognise burns and scalds and how to treat a casualty who is suffering from a burn or scald. In addition, there is some further information that may be useful to support the successful delivery of our burn and scald sessions.

Please note that due to the possibility that a casualty who is suffering a severe burn may go into shock and/or become unresponsive and not breathe normally, it is advised that pupils are taught the basic life support topic prior to this session.

### CAUSES

Burns are caused by:

- ▶ Dry heat
- ▶ Electricity
- ▶ Cold injuries
- ▶ Chemicals
- ▶ Radiation.

Scalds are caused by:

- ▶ Hot liquids
- ▶ Steam.

### RECOGNITION

A casualty who is suffering from a burn or scald may present one or more of the following signs or symptoms:

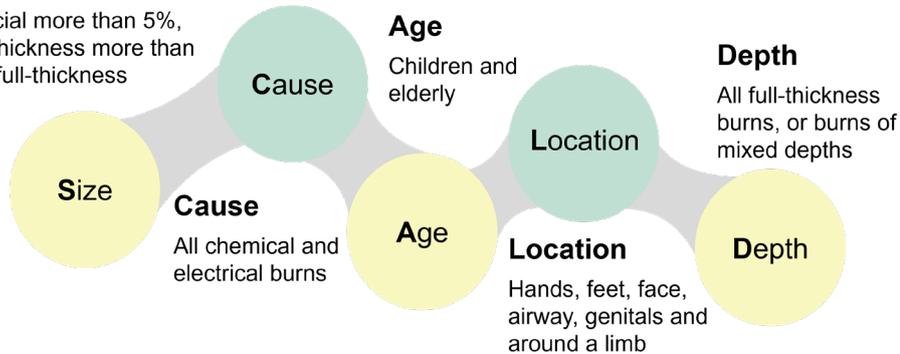
- ▶ Redness
- ▶ Swelling
- ▶ Pain
- ▶ Blisters
- ▶ Shock.

## WHEN TO SEEK MEDICAL ATTENTION

Remember SCALD. If a burn or scald relates to any of the below, the casualty needs to seek medical advice.

### Size

Superficial more than 5%,  
partial-thickness more than  
1%, all full-thickness



## TREATMENT

### MINOR BURNS

1. Cool the burn with cool or lukewarm running water for 20 minutes as soon as possible after the injury
2. Remove clothing or jewellery around the burn
3. Cover lengthways with kitchen film loosely
4. Monitor casualty and seek medical advice if concerned.

### SEVERE BURNS

1. Cool the burn with cool or lukewarm running water for 20 minutes as soon as possible after the injury
2. Call 999 or 112
3. Carefully remove constricting items unless stuck to the skin
4. Cover lengthways with kitchen film loosely
5. Treat for shock.