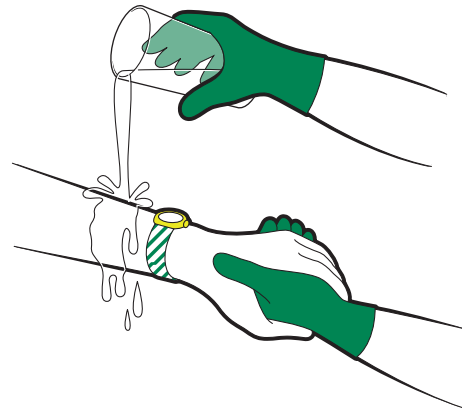


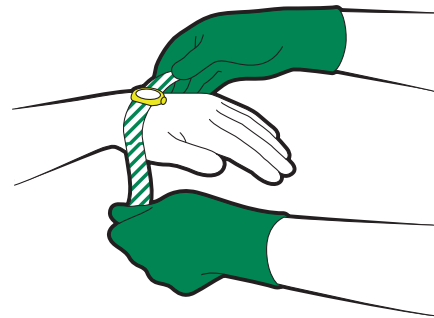
How to treat a burn or a scald

1. Move the person away from the heat

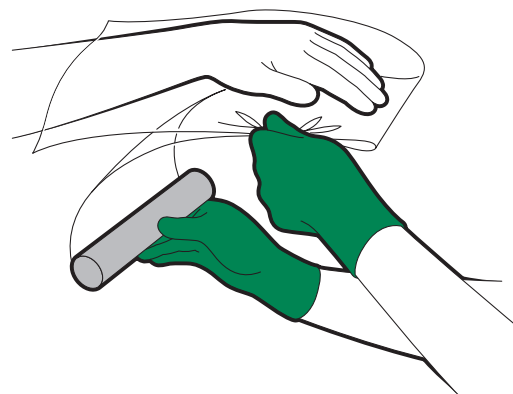
2. Place the burn or scald under cold running water for a minimum of 20 minutes



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.

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

sja.org.uk

**St John
Ambulance**

