

BURNS

(PM 3-10, 11; IG 3-17, 18)

symptoms & how to treat

OBJECTIVES:

- Prevent hypothermia
- Reduce pain
- Reduce risk of infection

TREATING BURNS (E.g., radiation, electrical, fire)

1. **Size-Up: Cause of burns?- is it still a danger** to you, your team, the survivor? Use extreme caution if a heat source is not obvious- may be chemical (see below)
2. **Remove** from source
3. **Cool burn** with damp cloth or 1-min. immersion in slightly cool water. But keep body warm. (NO ice, antiseptics, or ointments)
4. **Do not remove skin tissue, or break blisters.**
5. **Cut away affected clothing** that's not imbedded; remove jewelry near burn (give to survivor, or label & secure after treatment)
6. **Cover burns loosely** w/dry, sterile dressings. Lightly wrap fingers, toes separately

CHEMICAL BURN: (not from a heat source; can be a risk to rescuers).

1. **Protect yourself, including goggles, mask, gloves.** Defer to medical professionals for decontamination procedures.
2. **Brush any powder away from you. Flush** with lots of cool water 10+ mins.
3. **Remove any affected clothing or jewelry**
4. **Apply a cool (not ice), wet compress** to help relieve pain
5. **Cover the burn** very loosely with a dry, sterile, or clean cloth so that the cloth will not stick to the wound.
6. **Treat for shock**, as needed

TYPICAL BURN APPEARANCE ON THESE SKIN LEVELS:

- **Epidermis** = top skin layer: reddened, dry, possible swelling
- **Dermis** = middle layer: blisters, wet appearance, possible swelling.
- **Subcutaneous** = down to bone: whitened, leathery or charred brown/black