

Lesson 5: 2 Minutes

Facts and Information – First Aid

- Instant noodles are the most common cause of severe burns among 11 – 14 year olds.
- If clothing catches fire, “STOP, DROP, COVER face AND ROLL”
- Remove all burned clothing, jewellery, belts and tight clothing.
- Pour cool, running water over the burn for at least 20 minutes
- Do not apply ice, ointments or creams to wounds.
- Keep patient warm and cover burns with plastic kitchen wrap or soft, clean, wet bandage or sheet.
- Seek medical attention if burn is bigger than a 20 cent piece.

Activity 5: First Aid Pamphlet

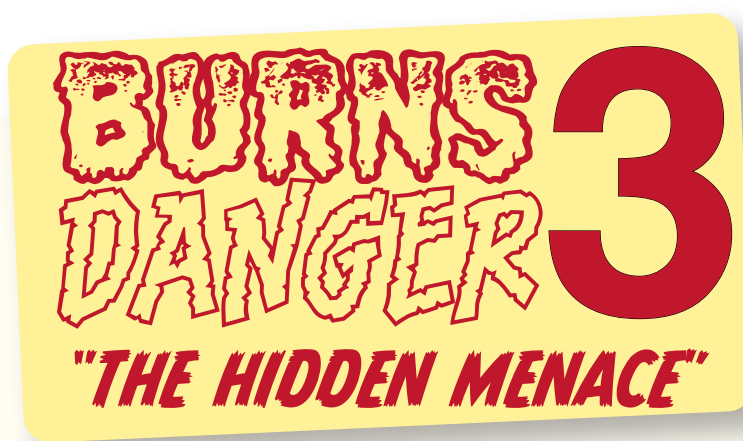
Research 1st aid for different types of burns

Use the template below to create a pamphlet on burn prevention for young people. It should include the

- what to do if clothing catches fire
- first aid procedures for burns
- emergency contacts

For further information visit - <http://www.cyh.com> and search for ‘burns’





Lesson 5: Template

Some facts about burns

When clothes
are on fire

Preventing burns

First aid procedures

NAME: _____