

439 - HOW TO TREAT A BURN

Props: Non-stick material, cold water compress, 20 cent coin, coat/blanket.

Location: Kitchenette (for running water demonstration).

HOST

Hello, my name is *** and today on How-To, we will be learning how to treat a burn.

Be it from touching a hot frying pan or hurt in an explosion, burns can surprise you at any time, so it's good to be prepared for the worst if it happens to you, or someone around you.

For this demonstration, you will need clean, sterile, non-stick material, a cold water compress and access to cold running water.

STEP ONE.

HOST (CONT'D)

Step one. Identify the severity of the burn. A burn can be first degree, meaning there's damage to the to the outer layer of the skin, second degree, which causes damage beneath the skin, or most severely, third degree, which destroys all layers of the skin.

While first degree burns can be treated with mild treatments, a third degree burn will likely require medical attention.

Expect a severe burn to have the following features:

- Redness to the face, hands, feet, genitals or buttocks.
- Blackened or dry, white areas.
- Blistering or blotchy skin that covers an area larger than a 20 cent coin.

On this, hold up the 20 CENT COIN for demonstration.

HOST (CONT'D)
Once you have determined the severity of the burn, you will be able to continue.

STEP TWO.

HOST (CONT'D)
Step two. Make sure that you, others and the person affected are not in further danger.

If the person's clothes are on fire, they should be wrapped in a blanket or coat and rolled on the ground to smother the flames.

If coat: A coat like the one I'm wearing now would do just fine.

If blanket: A blanket like this one here would do just fine.

Demonstrate COAT/BLANKET in CLOSE UP.

NOTE: Omit one or the other; do not say both.

HOST
For minor to mild burns, continue steps three through four. For severe burns, skip to step five.

STEP THREE.

HOST
Step three. For mild burns, remove any jewelry or clothing from the area of injury.

STEP FOUR.

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Step four. Cool the area under running water until the skin returns to a normal temperature, like so.

Demonstrate by running hand under COLD RUNNING WATER.

HOST
If this is not possible, apply a cold water compress, like so.

Demonstrate by applying a COLD WATER COMPRESS to the supposed injury.

STEP FIVE.

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Step five. For a severe burn, the first thing you want to do is dial 000, and calmly explain the situation to the operator.

STEP SIX.

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Step six. Lay the person down, preferably on a soft surface.

STEP SEVEN.

HOST

Step seven. Remove rings, watches, jewelry or constricting clothing before the area begins to swell. Do not however, remove any clothing that is sticking to the burn, as this could cause further damage.

STEP EIGHT.

HOST

Step eight. Cover the burn with clean, non-stick material, like so. If the face is the affected area, make sure not to constrict sight or breathing.

Demonstrate the application of the NON-STICK MATERIAL to the supposed injury.

STEP NINE.

HOST

Step nine. From here, wait until ambulance services arrive to take over from you.

CONCLUSION.

HOST

And that's it. If you apply those steps, you will heavily increase the survival of a burn related injury, and prevent the risk of further damage to the affected person.

Next time we'll be learning how to treat a broken bone. Until then, stay safe, and be prepared.

END OF VIDEO.