

First Aid for burns

What to do:



1.

Remove the victim to safety



Remove person from the area/source of heat.

Remove clothing from the burnt area. Do not remove if stuck to the skin.

2.

Remove clothing



3.

Cool the burn



Run cool water over the burn or submerge the burnt area, for 10 – 15 minutes.

4.

Cover the burnt area



Cover the burn with a clean non-sticking dressing or cloth. Do not apply anything to the burnt area and do not break blisters.

5.

Get further treatment



Call an ambulance or take the victim to the nearest clinic, hospital or doctor for further treatment.

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Burns



Every year thousands of children suffer burn injuries and many die as a result of a burn. Burns take a second to occur and a lifetime to overcome.

Types of Burns:

1.

Open fire

e.g. candles, cooking and braai fires.



2.

Fluids

e.g. boiling water, tea, coffee and oil.



3.

Electrical

e.g. electricity, lightning



4.

Chemicals

e.g. pool acids, rust and paint removers, paraffin.



5.

Other

e.g. stove plates, iron, primus stove, heater



6.

Sun

Sunburn can cause serious damage to the skin.



Child Accident Prevention Foundation of Southern Africa



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Preventing Burns from Fire

Keep matches, lighters, candles and chemicals out of sight, and out of reach of children.



Fires and flammable liquids are a dangerous combination. Avoid this method of lighting a fire



Open flames like cooking fires, candles and paraffin lamps are dangerous. They should not be left unattended and children should not play near them.



Extinguish all fires, candles, lamps, and heaters when leaving a room, house or before going to sleep.



The bedroom is not a safe place to smoke, especially in bed.

Avoid hanging clothes in front of fires or over heaters to dry.



What to do in the event of a fire:

1. Get out and stay out.
2. Crawl low under the smoke to exit. Air is cleaner on the floor.
3. Call the emergency services.
4. What to do if your clothes catch alight:
 - **STOP**
 - **DROP** to the ground.
 - **ROLL** around to put out the flames.

A blanket or jacket may also help to smother the flames



Prevention is better than cure:

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Keep spray cans, chemicals and other flammable substances away from heat and flames.

Install smoke alarms/ detectors in your home to increase your family's chances of surviving a fire.

Always have a bucket of sand or a fire extinguisher in the home (and do not use water on an electrical, fat or oil fire).



Preventing Burns from Fluids

Keep electrical cords short and out of reach.



Always pour cold water first (and always test the temperature) when pouring water into a basin, bucket or bath.



Turn the hot water cylinder down to approximately 50 degrees Celsius.



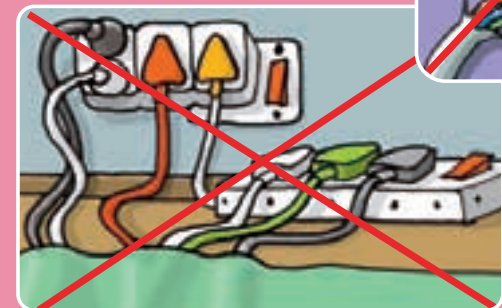
Turn saucepan handles to the back on the stove to prevent hot liquid burns.

Place hot beverages (such as tea and coffee) safely in the centre of tables, out of children's reach.



Preventing Burns from Electricity

Use safety plugs in wall sockets and fix faulty sockets or frayed electrical cords immediately.



Don't overload power points or run electrical wires under carpets. This could start a fire.

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