



# Burn Awareness Week

Sponsored by the BC Professional Fire Fighters' Burn Fund

Know What to do if you are Burned! - for Grade 4 / 5

## Don't Get Burned!

If you are burned  
**ACT QUICKLY!**

**Cool the burn with clear, cool water for 10 to 15 minutes**

**Cool a Burn** - It is important to know the correct procedure for cooling a burn injury. The burn is to be placed in, or flushed with, cool water within seconds of a burn injury. Keep it there for 10 to 15 minutes. NEVER use ice, ointments or butter. Immediately seek assistance from an adult if you are burned. If the burn injury is severe, immediately seek emergency assistance. Dial 9-1-1, or your community's local emergency number.

It is important to know the signs and symptoms of burns and basic first aid treatment for them. Once a burn has been treated, you must know when to get medical help.

Burns are categorized according to their severity: First, Second, and Third degree. Write the correct degree of burn in the box before each explanation.

Degree of Burn	Appearance of Skin	Level of Pain	Treatment
	Moist of blisters Redness	Very painful	1. Put in cool water 2. Cover with clean sheet 3. Treat for shock 4. Get medical help
	Dry skin White or charred skin	Little pain at first because nerve endings have been burned away	1. Do not remove burnt clothing 2. Cover with clean sheet 3. Treat for shock 4. Get medical help
	Redness Mild swelling Sunburn	Some pain	1. Put in cool water 2. Cover with clean sheet

Watch "Cool a Burn" Animation Video on the Burn Fund website at [www.burnfund.org/BAW](http://www.burnfund.org/BAW).

Answer: Second, Third, First

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