



In partnership with **Sir Brian Bell Foundation**

FIRST AID IN THE PACIFIC

WHAT IS FIRST AID?

First aid is the help given to someone who is injured or ill to keep them safe and to cause no further harm. The role of a first aider is to give someone this help.

THE FIRST AIMS OF FIRST AID ARE:

- Preserve life
- Prevent illness or injury from becoming worse
- Relieve pain, if possible
- Promote recovery
- Protect the unconscious

All information provided is from St John Ambulance in partnership with Sir Brian Bell Foundation Papua New Guinea

BURNS

SIGNS AND SYMPTOMS

- Pain
- Redness
- Swelling
- Blistering

WHAT THINGS CAN BURN US:

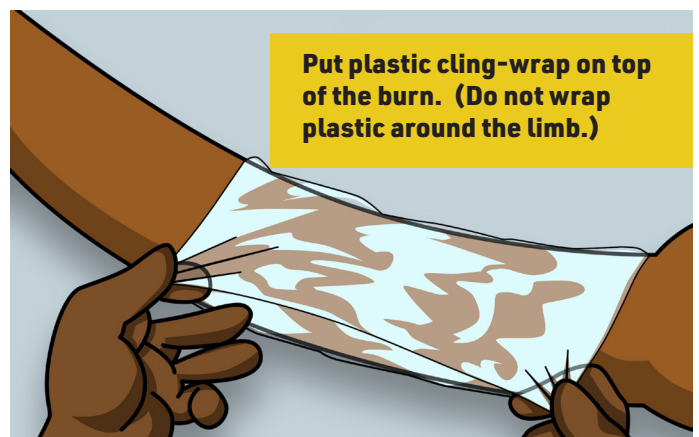
- Thermal
- Radiation (sunburn)
- Chemical
- Hot liquid- boiling water, plastic, tar, glue
- Electrical
- Lightning

WHAT YOU SHOULD DO:

1. Remove jewellery and clothes surrounding the burn, only if the items are not stuck to the skin.
2. Put the burnt area **under cool running water for 20 minutes.**
3. Place a non stick dressing or a piece of plastic cling-wrap over the top of the burn. Cling-wrap keeps the burn clean and reduces pain.
4. The patient can be taken to hospital or call for an ambulance on 111.

WHAT YOU SHOULD NOT DO:

- ❌ **Do not** wrap around the limb. The limb will swell and the plastic could stop blood supply.
- ❌ **Do not** prick blisters.
- ❌ **Do not** use dressings that will stick to burns.
- ❌ **Do not** put ice on the burn.



IMPORTANT NOTE:

Avoid removing clothing stuck to the burn and use of ointments, creams or oil.

Burns to face, neck and chest can be life-threatening. Call an ambulance on 111 if you the burns affect this part of the body and you are concerned or get medical help.



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