



BURN FIRST AID PROCEDURES

FOR RESTAURANT AID BOH

1 STOP THE BURN



Remove from source: Turn off stove, fryer, or grill; move the person away from heat or hot liquid.

Remove tight items: Rings, watches, or clothing around the burn before swelling begins.

2 COOL THE BURN



Run under cool (not cold) water for 20 minutes minimum.

If water is not available, use a clean, cool compress

DO NOT use ice, butter, oil, or flour – these worsen tissue damage.

3 PROTECT THE BURN



Cover with a **clean, non-stick dressing** (sterile gauze or cling film).

Wrap loosely to prevent pressure

DO NOT pop blisters – they protect against infection

4 RELIEVE PAIN



If safe, administer OTC pain relief (ibuprofen, acetaminophen)

Avoid aspirin in children/teens

5 ASSESS SEVERITY



MINOR BURN: Red skin, small area, no blisters → Treat on-site

MODERATE BURN: Larger blistered areas → May need medical attention

SEVERE BURN: Charred skin, white/blackened areas, involves face, hands, feet, groin, or major joints → **CALL 911**