



# FIRST AID IN THE PACIFIC

In partnership with Sir Brian Bell Foundation

## 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.**



St John Ambulance | Papua New Guinea

✉ enquiries@stjohn.org.pg 🌐 www.stjohn.org.pg 📱 www.facebook.com/SJAPNG



Sir Brian Bell Foundation

🌐 www.sirbrianbellfoundation.org.pg 📱 www.facebook.com/sirbrianbellfoundation