

Name: _____

BURNS

Have you ever been burnt? Sometimes people get burnt by boiling water, steam or hot oil. These are called *wet burns*. The other type of burn is called a *dry burn*. These can be caused by fire, flames, electricity, chemicals, hot metal, friction or radiation. Maybe you have had a carpet burn? If you have you will know it was quite painful for a couple of days.

Burns may be superficial which means your skin is red and painful but the burn is not too deep. Burns can be deep which means your skin is white or charred and sometimes the burn is so deep that it has destroyed a lot of your nerves surrounding the burn and you don't feel the burn much. Of course after a short while your body will start healing itself and the burn will become quite painful.

You must always be very careful when handling fire, chemicals or hot liquids. It is easily done, to burn yourself or worse, someone else who happens to stand close by. You should never pour boiling liquids in cold glass jars or bowls unless these are specially designed to take the heat.

The best thing for burns is a lot of cold water. Keep the cold water running over the area you have burned this will soon take the worst pain away. If it is a bad burn you should always tell an adult because you might have to see a doctor or go to the hospital. Never put creams or ointments on your burn straight away. These keep the heat in and can make the burn worse. Don't prick your blisters as you could let germs in.

The most common type of burn for people living in Australia is of course *sunburn*. Ultraviolet rays of the sun burn your skin. Did you know that Australia has the highest skin cancer rate in the world? Always take precautions when going outside on sunny days. Wear a hat, use sunscreens and keep a shirt on. Even if it is not a hot day the sun can still be intense enough to burn you.

On a separate piece of paper complete the following tasks.

Task 1.

Explain clearly what is meant by wet and dry burns.

Task 2.

Why should you never pour boiling liquids in a normal cold jug or bowl?

Task 3.

What creams or ointments could you put on your burn straight away?

Task 4.

Explain step by step what you should do. Your friend is badly sunburnt. Blisters are forming on his/her back and you are still on the beach.