

# BURNS

Ensure the safety of everyone

Call the ambulance on  
Triple Zero (000)

## STEP 1

### CONSIDER THE DANGER

- Ensure the safety of everyone
- Do not enter a burning building
- Remove the casualty to a safe location
- Put out the fire with water or:

**Stop - Drop - Roll**



## STEP 2

### COOL THE BURN

- Cool the burn with water for at least 20 minutes
- Remove if possible all rings, tight jewellery
- Continue cooling until the ambulance arrives
- Remove any clothing not stuck to the skin
- Continue with the water until the pain decreases



## STEP 3

### CALL FOR HELP

**Phone  
Triple Zero (000)  
and ask for the  
Ambulance**

