

Burns Unit Notes

First Degree Burns:

- this is the least serious, least severe burn. Only involves the top layer of skin. This burn is not life threatening. Will heal with very little first aid. This burn should be run under cold water, or a cold cloth applied, simply to make it feel better. (sooth pain)

SYMPTOMS:

- ✓ redness
- ✓ pain

COMMON CAUSES:

- ✓ sunburn
- ✓ hot liquids spilled on the skin
- ✓ light touching of hot object

Second Degree Burns:

- a second degree burn involves the top layer of skin and the second layer. We know this because blisters have formed. This burn can result in scarring, and if it's serious enough, could require a skin graft.

SYMPTOMS:

- ✓ redness
- ✓ pain
- ✓ possible swelling
- ✓ blisters

COMMON CAUSES:

- ✓ scalding hot liquid spilled/poured on skin
- ✓ flash burns from fire (grill, bonfire, etc.)
- ✓ severe sunburn
- ✓ severe friction burns
- ✓ inhalation burns

FIRST AID:

- ✓ immerse the burn in cold water for 1 to 2 hours (for pain)
- ✓ do not pop blisters
- ✓ blot dry gently, so that you do not cause more pain
- ✓ if ointment of some kind is applied, MAKE SURE, the product does not contain petroleum based indredients, salt, or alcohol.
- ✓ cover the burn with a dry, sterile, bandage.
- ✓ IF the burned area is large, the victim may need to see a doctor.

Third Degree Burns:

• a third degree burn involves ALL LAYERS of skin. The nerve endings have been destroyed, therefore, there will be numbness in the center of such a burn. Understand, there will still be pain involved, as other areas of the burn may be 2nd degree. (the outside edge of this burn) Skin grafts will be necessary to repair the skin. No skin cells are left to reproduce the natural regeneration of new skin. (if a critical area, or if the burn is large)... some might choose to let a small third degree burn simply scar over.) The burned area will appear dark... as in black or brown because the skin has been charred.

SYMPTOMS:

- ✓ charred skin
- ✓ possible loose skin (blisters that had formed as the burn passed the second degree level, have popped)
- ✓ possible melted fabric into the skin.
- ✓ open wound

COMMON CAUSES:

- ✓ prolonged contact with flame (house fire)
- ✓ steam or scalding liquids
- ✓ chemical or electrical injury

FIRST AID:

- ✓ do not immerse this burn in cold water! You could increase the chance for infection by causing skin to come off the burned area.
- ✓ do not remove anything that has melted into the burned area
- ✓ do not apply any product to this burn.
- ✓ SIMPLY COVER THIS BURN WITH A CLEAN DRESSING AND GET THE VICTIM TO MEDICAL HELP IMMEDIATELY. EITHER BY HAVING SOMEONE TRANSPORT THEM TO THE OR CALLING 911.

Fourth Degree Burn:

• a fourth degree burn has gone below the surface of the skin into tissue below. All the layers of skin have been lost and now tendons, ligaments, body fat, and muscle are affected. As a result there will be no feeling. Same as in third degree, this burn will require skin grafting, and possibly more medical procedures to repair damage to muscle.

COMMON CAUSES:

- ✓ prolonged contact with flame
- ✓ high voltage electrical injury

FIRST AID:

- ✓ cover the burned area with a clean dressing and get the victim to medical help... or call 911

The 4 critical areas to be burned:

Hands
Feet
Face
Genitals

Size and Location determine how serious a burn is. (the bigger the burned area the worse the burn. Add to it, that if the burned area is one of the four critical areas, it is worse.

Chemical Burns:

• can be any degree. Tend to be more serious in this respect. It is human nature to be careless with a chemical... especially if it is something we have used before; or something we don't expect to hurt us. Examples could be cleaning solutions and more. Most of society does not take the proper precautions to protect ourselves... most chemical burns result from IMPROPER HANDLING of the chemical. Again... carelessness.

FIRST AID:

- ✓ flood the burned area with water to get the chemical off of the victims skin!!
- ✓ remove clothing that has chemical on it.
- ✓ do not immerse the burn... but flood the area, so that the chemical AND THE WATER drain away from the victim's skin.
- ✓ cover the burn
- ✓ get the victim medical help if need be

Other burn situations that could occur:

Inhalation Injuries:

The smoke from fire can contain more than a hundred toxic substances. Here are three types of inhalation injuries that are common.

Damage from Heat Inhalation: directly breathing in a hot air/ flame source can cause burns to the trachea, exophagus, and mucous membranes. (inside the nose, or fully into the sinus area)

Damage from Toxins: Toxins affect the body's intake of oxygen. In most cases, when someone breathes in smoke they may be found unconscious or disoriented. Shock can also result. Toxic poisoning can cause brain damage and can even result in death. **Carbon Monoxide Poisoning** is an example.

Damage from Smoke Inhalation: Smoke intoxication is often over looked because of more visible injuries.... like burns. 60 to 89% of deaths that result from burn injuries can be attributed to smoke inhalation. Smoke inhalation injuries usually appear with in 2 to 48 hours of a burn injury. Some indications that a person has experienced smoke intoxication include:

- ✓ fainting
- ✓ respiratory distress (can't seem to get their breath)
- ✓ soot around the nose and mouth
- ✓ singed nose hairs, eyebrows, and eyelashes
- ✓ burns on or around the face and neck.