



BURN PREVENTION AND FIRST AID

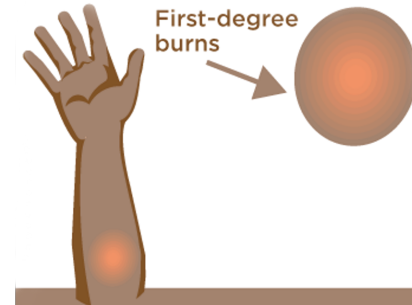


WHAT IS A BURN INJURY?

- A burn is a type of injury to skin caused by heat, electricity, chemicals or radiation
- Burns are very painful
- Treatment is very costly
- Burns take a long time to heal

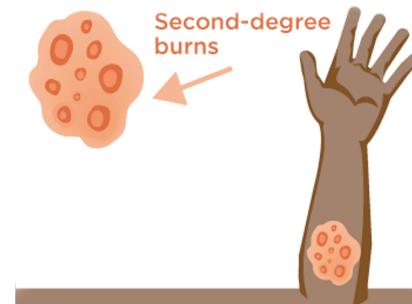
WHAT IS A BURN INJURY?

There are different depths of burns:



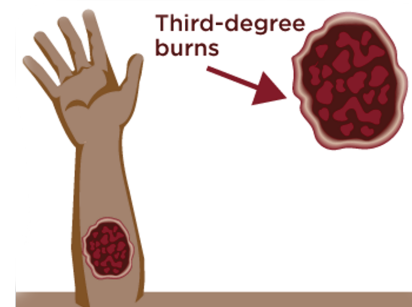
First-degree burns

Burn only affects the outer layer of skin. Symptoms include pain, redness and swelling. The burn often heals on its own.



Second-degree burns

Burn affects both the outer layer of skin and the tissues underneath. Symptoms include pain, swelling, redness and blistering. The burn heals with proper treatment.



Third-degree burns

Burn destroys the deepest skin layer and tissues underneath, causing painless white, blackened or charred skin. This burn needs to be covered with a skin or man-made graft.

TYPES OF BURNS



Flame Burn

From contact with flames or hot objects from the stove, fireplace or oven.



Electric Burn

From biting on electrical cords, poking fingers or objects into electrical outlets.



Scald Burn

From hot bath water, spilled coffee, hot foods and cooking liquids.



Chemical Burn

From swallowing or having direct contact with chemicals such as household cleaners.



Radiation Burn



Sun Burn

CAUSES OF BURNS IN ABU DHABI

Fire/Flame Burns

- Gas cylinder explosion
- Clothes catching fire while cooking or due to bakhoo lighters
- Car or boat fire/flame
- Electrical fire/flame
- House fires
- Flammable liquids on clothes or skin
- Welding near flammable liquids

Scald Burns

- Skin contact with hot food or liquid
- Accidents in the kitchen
- Car radiators
- Water heaters
- Tap water

Electrical Burns

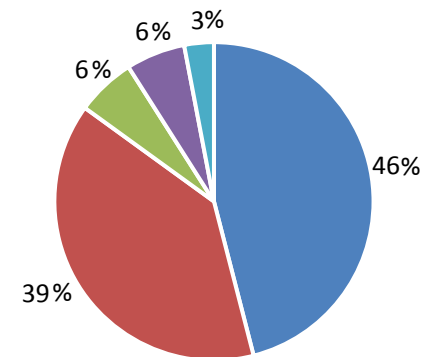
- Electrical panels
- Using electrical equipment post-flooding
- High-voltage work

Chemical Burns

- Acid drain cleaner
- Melted silicone toy in microwave
- AC coolant leak

Contact Burns

- Hot tiles or sand
- Hot equipment
- Bakhoo charcoal



■ Scald ■ Fire/Flame ■ Chemical ■ Contact ■ Electrical

BURN PREVENTION

Preventing sunburn

1. Apply sunscreen, either SPF 30 or higher, before going outside and reapply every two hours or after swimming
2. Stay under the shade or cover your skin with lightweight clothing (SPF clothing is better)
3. Avoid outdoor activities between 11 a.m. and 3 p.m. Clouds do not block UV rays. It's important to always apply sunscreen regardless of the weather



Do not use tanning beds



Avoid going outdoors between 11 a.m. and 3 p.m.



Apply sunscreen every 1-2 hours



Reapply sunscreen after getting wet



Take care when on sand, water or in the mountains



Wear a hat, long sleeves, pants and sunglasses

KITCHEN AND COOKING SAFETY

Make the kitchen a child-free area

- Ensure safety gates are installed at the entrance of the kitchen
- Do not carry children while cooking or drinking hot liquids
- Ensure that liquids and foods are at a safe temperature before eating

COOKING PRACTICES

- Install stove locks and knob covers
- Pay attention to the cooking utensils and face the pot handle away from the front edges while cooking
- Avoid wearing loose clothes while cooking
- Tie up your hair
- Be careful of flammable substances
- Hot coffee or tea on tables near toddlers is the leading cause of scald injuries



GAS SAFETY

- Consider central gas instead of gas cylinders for a safer and more convenient solution.
- Do not put your gas cylinder next to your stove or in an enclosed space
- Do not put your gas cylinder in a cupboard built into a cooking stove
- Keep your kitchen well-ventilated
- Get a good-quality regulator with a gauge to tell you how much gas is left
- Check the condition of the regulator on a regular basis
- Check the condition of the rubber hose for signs of damage
- Before connecting the regulator, check the condition of the rubber ring seal on the brass valve at the top of the gas cylinder
- Keep some spare rubber rings at home
- If you hear a slight hissing sound after attaching the regulator, remove it, check the rubber ring and reinstall the regulator. If you are unsure, it is advised to buy a new regulator
- Buy your gas cylinder from a certified distributor

BATHROOM SAFETY

- Set the water heater temperature to 49°C (120°F)
- Remember to test the water temperature before bathing your child
- Never leave the child unsupervised in the bathtub

EXPOSURE TIME AT GIVEN TEMPERATURES THAT CAUSE DEEP SECOND-DEGREE BURN INJURIES IN ADULTS

Children have thinner skin that burns faster, deeper and at lower temperatures compared to adults

Temperature	Exposure Time
49° C (120° F)	9 minutes
51° C (124° F)	2-6 minutes
52° C (125° F)	2 minutes
55° C (131° F)	20-30 seconds
60° C (140° F)	5-6 seconds
66° C (151° F)	2 seconds
70° C (158° F)	1 second
71° C (160° F)	Instantaneously



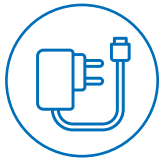
GENERAL HOME SAFETY



Keep matches, lighters and all chemical cleaning solutions out of children's reach (or put child locks on cupboards).



Use safety covers for all unused electrical sockets.



- Always use the original charging cord
- Only use cords that are not damaged
- Charge your devices on cool, well-ventilated surfaces
- Follow the manufacturer's instructions for proper charging and unplug the device when done
- Do not charge batteries at temperatures below 0°C (32°F) or above 40°C (105°F)



Ensure that smoke and gas detectors are working.

CAR SAFETY

- Flammable liquids (perfume, batteries and gas cylinders) should not be left in the car
- Heat from a lithium-ion battery can result in a fire or explosion. These are high energy and heat
- Reduce risks with proper storage, charging and discarding procedures
- A 20% increase in temperature can cause chemical reactions and excessive heat

IF THERE IS A RISK OR A FIRE

If you smell gas

- Close the gas cylinder valve and burner knob
- Open doors and windows
- Do not touch electrical switches
- If smell persists, inform unit maintenance

For an electrical fire

- Turn off the main switch
- Put sand on the fire
- Do not pour water on a connected or live wire

If there is a fire in your house, evacuate immediately and lay low to avoid smoke

- Call the fire department on 997
- Stay outside
- Do not re-enter the house
- Do not wait to collect your possessions



FIRST AID FOR BURNS

- Take immediate action to reduce burn injuries
- Stay calm and call for help
- Check if the victim is breathing normally, crying or talking
- If not, perform first aid and call 998

If clothes catch fire

- Do not run
- Pour water on the clothes
- Wrap a blanket around the clothes
- Stop where you are
- Drop to the ground
- Roll over until the fire is out



STOP



DROP



ROLL

If you burn your skin, rinse the burned area with cool running water for 20 to 30 minutes (for smaller burns).

First aid for burn injuries on the skin

- Do not use ice or cold water
- Do not apply toothpaste or any topical creams/powders
- Cover burn with sterile gauze or cling film
- Keep the person warm
- Visit the nearest medical facility
- Always remember to remove jewellery, as swelling may occur and can threaten blood supply
- Do not touch any blisters

For eye burns that are caused by chemicals, flush the eye with water for 10 to 15 minutes to stop burning.

If you wear contacts, remove them immediately and follow the steps above.