



## Lesson 3 – Burns First Aid

### TEACHER BACKGROUND INFORMATION

#### Burns and Scalds Prevention

Burns and scalds are a leading cause of injury to young children. Around 80% of child burn injuries happen in the home, most often in kitchens and bathrooms.

Burns come from being too close to fire or by touching a hot object.

Scalds come from being in contact with hot liquid or steam.

If clothes catch fire the immediate appropriate action to take is condensed into these four words -

**STOP** immediately to reduce amount of oxygen feeding fire, fire spread and injuries

**DROP** to the ground and lie flat with legs out straight to prepare for rolling

**COVER** your face with your hands to reduce facial injuries

**ROLL** over completely one way then the other way until the fire is out

This is an easy strategy for young children to learn and it is a practical way of extinguishing clothing fires. Becoming familiar with the words and routine involved give both children and adults an effective course of action in the event of their clothes catching fire.

The basic first aid upon receiving a small burn or scald is to run cool water over the affected area for 15-20 minutes. This will cool it and stop it getting worse. Children should tell an adult straight away if they get burnt. If the burnt area is greater than the size of a 20-cent coin the person should seek medical assistance.

For more information on burns and scalds go to: [Burns Prevention and Treatment \(frv.vic.gov.au\)](http://frv.vic.gov.au)

#### Essential Question

- What should we do if our clothes catch fire, or we receive a small burn?

#### Key Understandings

- You can reduce the effects and spread of a fire on your clothes by following the recommended practices.
- You can reduce the effect of burns and scalds by following recommended first aid practices

## Lesson Steps

### Stop Drop Cover Roll

#### CLASS DISCUSSION -

We know a lot more about fire hazards now. We've learned how to identify some of the fire hazards that may be in our home and what we can do to make them safe.

Sometimes if a hazard isn't made safe, people may get hurt. We can do some simple things to help if this happens.

#### Discuss –

- *What can happen if a person stands too close to a fire/cooking/BBQ?*
- *Does anyone know what to do if their clothes catch on fire?*

#### SHOW VIDEO – [Stop Drop Cover Roll](#)

During the video the children should role play the four actions when prompted. Pause video while role play takes place if required.



**WHITEBOARD ACTIVITY** - Choose 4 students to correctly write and order the four steps involved on white board

Discuss the importance and the reason for each step. Encourage students to suggest their own reasons. Use open ended questions e.g., "why", "how", "when".

#### **WORKSHEET – STOP DROP COVER ROLL (pdf)**

Trace the words and colour the pictures of the four steps.

## Burns Treatment

You can get burnt or scalded if you stand too close to something hot, touch something that is hot or spill a hot drink on yourself. You will need the right **FIRST AID**.

### CLASS DISCUSSION:

- What should you do if you or someone you are with gets burnt?
- What would be the best **First Aid** for a burn?

### SHOW VIDEO - [Burns First Aid](#)



### RECAP THE VIDEO

Ask open ended questions ensuring coverage of major points:

- What can you use to cool down a burn? (cool running water)
- For how long should you keep cooling it? (20 minutes)
- What should you do if the burn is bigger than a 20cent coin? (go to a doctor or call an ambulance)