

# Tasmanian Burns Service (Statewide)

## Burns First Aid and Transfer Dressings

### Cooling the Burn

- Cool running water for at least 20 minutes.
  - Chemical Burns apply cool running water for at least 1 hour.
- A shower is ideal. A spray bottle filled with water can be helpful if this is not possible
- Remove clothing, jewelry, and watches. Cut around clothing that is adhered to the burn
- Ideal temperature is 15°C but can range between 8°C and 25°C
- If cooling has not occurred, it needs to be attended to and remains beneficial for up to 3 hours post burn injury.
- Hypothermia must be prevented. Keep the patient warm by using warm blankets, space blankets or patient warming blankets (Bair Hugger).
- Check the patient's temperature regularly.
- NEVER use ice or iced water on a burn injury.

### Transfer dressings for burns requiring immediate transfer and review at the RHH

Resuscitation and emergency management of the patient must occur prior to wound management.

- < 8 hours post burn injury
  - Cling film
  - Apply paraffin ointment to the face for facial burns
- 8 -12 hours post injury
  - Bactigras® and gauze
- >12 hours post injury
  - Acticoat® dressing from Smith & Nephew-see advice from Burns Unit on how to apply

### Note

- This is a guide only. Please consult with the Burns Team.
- Hydrogel Dressings for transport are not recommended for Adults > 20% TBSA or in Children >10% TBSA
- We recommend that the LGH and NWRH emergency departments maintain a store of Acticoat® as follows:
  - 1 box 10x20 & 1 box 40x40

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