

Can I understand how to treat  
bleeding and burns?



## Fast Five

Have you ever been treated for bleeding?

How did you do it?

How was it treated or made better?



# Introduction to bleeding

If a casualty is bleeding, you need to check whether they are suffering from minor bleeding or severe bleeding.



# Are the following scenarios severe bleeding, or minor bleeding?

Dad slipped while chopping the carrots and sliced his arm with a sharp knife. Blood was pumping out on to the floor.

Mum injured her leg while sawing a piece of wood in the garden. The blood started to come through her trousers.

Kate suffered a paper cut while flicking through a magazine. It really stung.

Lisa caught her finger on a sharp staple. It bled for a little while but she put a plaster on it.

# Are the following scenarios severe bleeding, or minor bleeding?

Dad slipped while chopping the carrots and sliced his arm with a sharp knife. Blood was pumping out on to the floor.

Severe

Mum injured her leg while sawing a piece of wood in the garden. The blood started to come through her trousers.

Severe

Kate suffered a paper cut while flicking through a magazine. It really stung.

Minor

Lisa caught her finger on a sharp staple. It bled for a little while but she put a plaster on it.

Minor

# Minor Bleeding

An example of minor bleeding could be a cut or a graze. These are common injuries that can usually be treated at home.

A **cut** is when the skin is fully broken.



A **graze** is when only the top layers of skin have been scraped off.



# Treating a Minor Cut

1. Clean the cut by holding it under cool running water. Clean around the wound with soap and water, wiping away from the wound.
2. Pat it dry with sterile gauze and use dry gauze to cover it, or a plaster.
3. Raise and support the injury above the level of the heart.



## **Sterile gauze:**

A thin piece of woven fabric that is completely clean.



# Treating a Graze

1. If the wound is dirty, clean it by rinsing it under running water.
2. Pat the wound dry using a piece of gauze. If you do not have any gauze, use a clean, non-fluffy cloth, like a tea towel.
3. Cover the wound with a piece of sterile gauze or a plaster.





# When to seek help

Even if you think the casualty (the injured person) only has minor bleeding, you should still seek help if:

- A wound won't stop bleeding.
- Something is stuck in the wound, like a splinter of wood or glass.
- The wound has been caused by a bite by a human or animal.
- You think the wound might be infected.

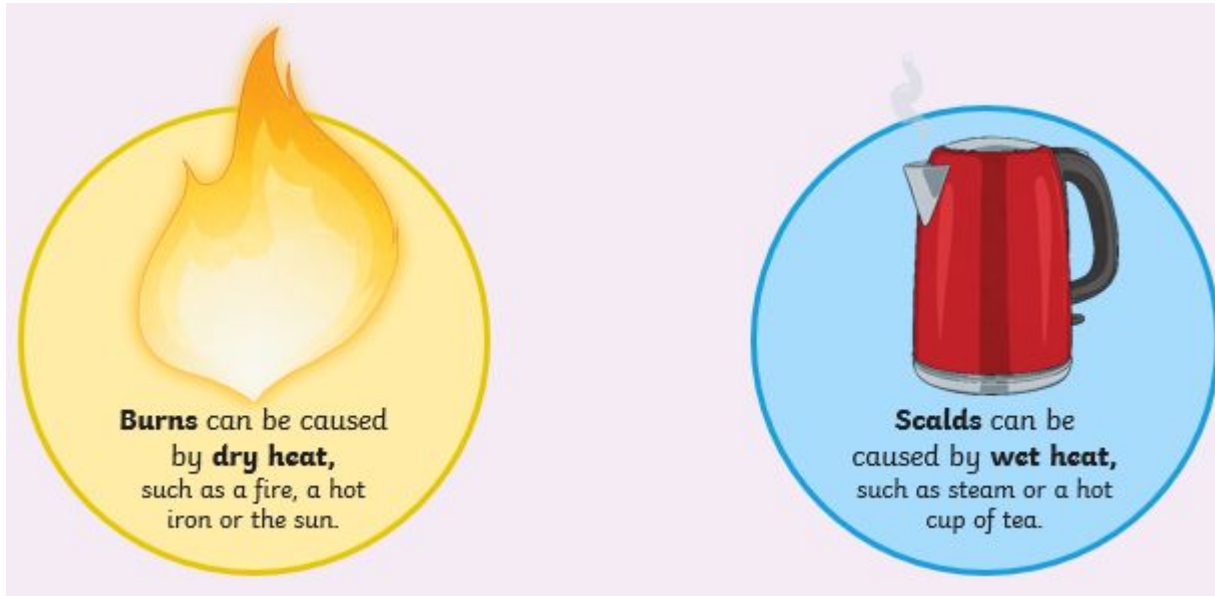
You can seek help by calling the NHS 111 service to get help over the phone, going to the doctors or to a minor injuries unit at the hospital.



**when it's less  
urgent than 999**

# Is a Burn or a Scald

The injury may look the same, but there is a key difference between a burn and a scald.



## Read the following scenarios and decide if the casualty has a burn or a scald.

Greg was toasting marshmallows on a campfire. He accidentally got too close to the flames and his sleeve caught fire

Gary was pouring himself a cup of coffee when his dog jumped up at him. Gary spilled water from the kettle down the front of his shirt.

While on holiday in Spain, the temperature reached 32°C but Joe thought he'd be OK without sun cream. Joe was in the sun for hours and his skin began to blister.

Lee was preparing an evening meal. As he drained the boiling water from the potatoes, he spilled it on his arm.

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**Burn**

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**Scald**

While on holiday in Spain, the temperature reached 32°C but Joe thought he'd be OK without sun cream. Joe was in the sun for hours and his skin began to blister.

**Burn**

Lee was preparing an evening meal. As he drained the boiling water from the potatoes, he spilled it on his arm.

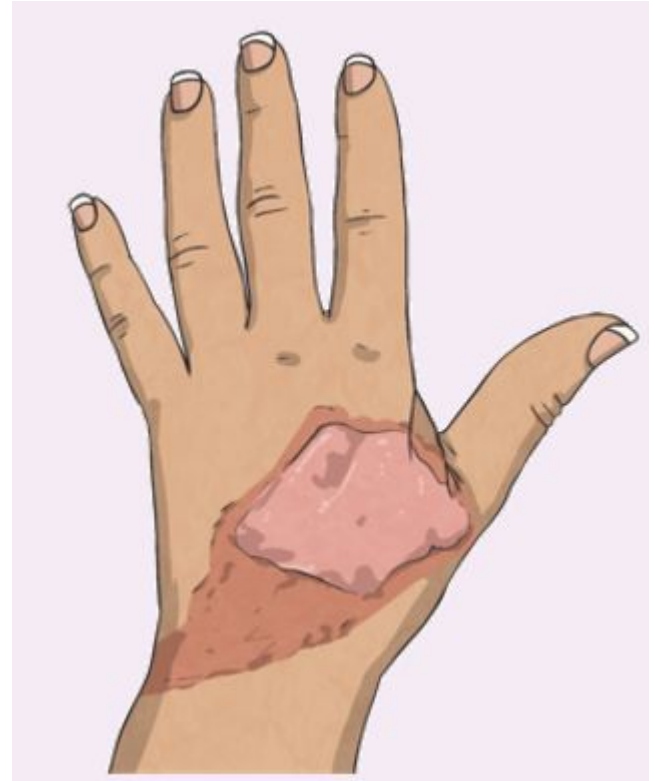
**Scald**

# How to spot a burn or a scald

If someone has a burn or a scald, you might see that they have:

- Red skin
- Swelling
- Pain in the area of the burn
- Blistering

The longer the burning goes on, the more severe the injury will be.



# Treating a Minor Burn

Your main focus should be to cool the burn as quickly as possible.

Start cooling the burn using cool running water. Cool the burn for at least 10 minutes.

If there is no water available you could hold cold milk or a canned drink (the outside) to cool the area.





# Treating a Minor Burn

Gently and carefully remove any jewellery, watches, belts, shoes or burnt clothing if they are near the injury. Be careful not to touch the burn.

**DO NOT remove any clothing that is stuck to the burn.**

When the burn has cooled, cover the area **loosely** with cling film. Make sure it is not tight.

Make sure to rip the first few layers of cling film off so that you are using the clean layers underneath.

If the burn is on a hand or foot, you could use a plastic bag instead.



**Task: Complete the accident log with how you have treated the casualty.**



**Minor Bleeding**  
(cuts or grazes)



**Burns** can be caused  
by **dry heat**,  
such as a fire, a hot  
iron or the sun.



**Scalds** can be  
caused by **wet heat**,  
such as steam or a hot  
cup of tea.