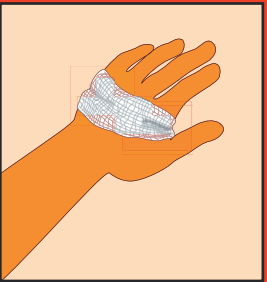


# FIRST AID for BURNS

## in RESTAURANTS



### IF YOU GET BURNED

1. First **GET AWAY** from the heat source.
2. Run **COOL WATER** slowly over the burn area for several minutes.
3. **COVER** the burn with a clean, dry cloth or bandage.

### GET MEDICAL HELP IMMEDIATELY

- ▶ IF the burn covers a large body area.
- ▶ IF the burn is on the face, eyes, hands or feet.
- ▶ IF the burn causes extreme pain or numbness.
- ▶ IF you breathed in smoke.
- ▶ IF the burn produces blisters.
- ▶ IF chemicals or electrical shock caused the burn.

### WARNING!

- ▶ **DO NOT** apply ice or ice water.
- ▶ **DO NOT** apply butter, first aid creams, sprays or home remedies.
- ▶ **DO NOT** try to remove clothing or dirt stuck to the burn.
- ▶ **DO NOT** break a blister unless told to do so by a doctor.

