



PREVENT

Take action to
prevent burns and
scalds to yourself
and others.



REMOVE

Remove yourself
from danger and
remove any clothing
or jewellery.



COOL

Place the burn under cool, gently running water for 20 minutes.



COVER

Cover the burn with a
clean dressing.



SEEK

Seek medical attention if the burn is on the face, hands, lap or feet, bigger than 20 cent piece or blistered.