



Burns can cause symptoms such as blisters, pain, peeling skin, and redness.

There are three degrees of burns:

First-degree burns affect the outer layer of skin and cause pain and redness.

Second-degree burns affect the outer and lower layers of skin, causing pain, redness, swelling, and blistering.

Third-degree burns go through the skin and deeper tissues, resulting in charred skin that may be numb.

Treatment depends on the severity of the burn.

Mild burns can be treated with skincare products such as aloe vera cream.

Action Plan:

1. Hold burned skin under cool (not cold) running water or immerse in cool water until the pain subsides.
2. Do not put any ointments, butter or other remedies on the burn.
3. Do not break any blisters that have formed.
4. Cover with a sterile, non-adhesive bandage or clean cloth.
5. For all other types of burns, a doctor's advice is a must.

Remember, second and third-degree burns are **emergencies**.

- Before using a fire extinguisher, sound the fire alarm and identify a safe evacuation route.
- Fire extinguishers are placed in corridors, large rooms, labs, and vehicles.
- Portable fire extinguishers are used when the fire is confined to a small area.
- Once the fire alarm is sounded and a safe escape route is confirmed, use the fire extinguisher from a safe distance to put out the fire.
- Remember to use the acronym PASS: Pull the pin, Aim at the base of the fire, Squeeze the handle, and Sweep back and forth until the fire is out.

