

## Lesson 5

# First Aid Burns



Cooking is fun but you've got to be careful. Camping is great, too, but there are a lot of ways you can get hurt around a campfire! If you do get burned, there are important things to remember to do. A burn, even a small one, can start to hurt pretty quick so act fast and it won't last!! (And don't just put butter - or honey - on it!)



- ▶ Gently **rinse** or **soak** the burn with clean, cool (not cold) water. Do this gently for at least 10 minutes.
- ▶ Then **wrap loosely** with sterile gauze or clean cloth (white is best)



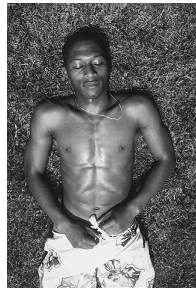
Rinse with clean, cool water from faucet or water bottle



Do not wrap or cover tightly



This sign says “**WATCH OUT—Fire Danger**” !! You don't want to take any chances around hot things! Look at Lesson 1 and talk about those guys who got burned. The barbecue fire may seem funny but it will be a very serious Third Degree Burn, and will need a doctor or hospital! Fast!! Burn victims can go into shock which can turn deadly! Every burn is serious - some very serious!



**SLOW BURNS**: What the sun can do to you may be slow, but it can still hurt - a lot!! Don't take chances. Cover your skin with shirt and pants, and your head with a hat often when outdoors. If you get sunburned take a cool bath or apply a cool, damp cloth. Put on Aloe Vera or burn lotion. Don't pop any blisters but get help from a grown-up instead!!



Let's recite together **Proverbs 3:23**

Also, “**First Aid for bumps and bruises is**

**WIPE - HEIGHT - ICE**”

Practice your new verse “**He healeth the broken in heart, and bindeth up their wounds.**” **Psalms 147:3**