



## PROGRAMME 2: **BURNS**

### **AIM**

The aim of this unit is for students to understand how everyday situations in the home can cause serious burns, and how to best treat them.

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### **LEARNING OBJECTIVES**

Students will be able to:

- have a basic understanding of the difference between erythema (mild), superficial (first-degree), partial thickness (second-degree) and full thickness (third-degree) burns
  - know how to give appropriate first aid if someone gets burnt
  - know the various ways in which humans can be burned and how to minimise the risk of sustaining a burn injury.
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### **SKILLS**

- Communication
  - Co-operation
  - Problem-solving
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### **MATERIALS**

- Episode Burns, DVD1, Bryan & Bobby Series 3
  - Photographs of things you can be burnt by
  - Photographs of burn injuries of varying depth
  - Written explanations of the various burn depths on different coloured pieces of paper
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### **VIRTUES**

- Courage
- Consideration
- Caring
- Responsibility
- Knowledge

## LESSON (*please adapt for junior students*)

1. Have your students brainstorm and mind-map as a class or in small groups what things can burn the skin. Write up their answers (eg, fire, fire embers, matches, fireworks, hot plates, hair straighteners, heaters, steam, hot liquids including bath water, showers, taps, coffee cups, food etc) and fill in any gaps.

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2. Explain that the seriousness of a burn depends on the depth of the burn, the size of the burn and where it is. It also depends on the age of the child, as well as the first aid that is required to treat it.

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3. Arrange/display explanations, photos or less graphic hand-drawn pictures of a mild, a serious and a third-degree burn, and have the students match the explanations under each.
  - A mild skin burn is just that, mild, and requires the basic level of first aid treatment - running the burn under cold water for at least 20 minutes. The skin is red and is very painful but has no blisters.
  - A superficial burn (first-degree burn) turns the skin pink or red. There might be small blisters or peeling and again the burn requires the basic level of first aid treatment – running the burn under cold water for at least 20 minutes and then covering the burn with a plaster to keep it clean and dry while it heals.
  - A more serious burn is a partial thickness burn (second-degree burn). It can leave open or peeling skin or form blisters and requires immediate medical treatment – this could be at your local/family doctor or an ambulance may be called.
  - A full thickness burn (a third-degree burn) is the most serious. It leaves the skin white or charred (black). This needs immediate medical attention. If the area is very small you could go to your local/family doctor who may then send you to hospital. If the burn covers a larger area an ambulance should be called immediately.
  - A scald is a burn from a hot liquid. This is the most common burn for children.

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4. Explain which degree burns can be treated at home and which burns require emergency care or treatment by a doctor. Explain that you can always cool the burn for longer than 20 minutes (taking care the person burnt doesn't get too cold) as this may help with pain relief.

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5. **Role-play an example of a child getting a superficial (first-degree burn) from hot water or from the sun.**

Give examples of treatment, eg:

  - Take off hot clothes or jewellery. Cut off clothing if necessary.
  - Put the burnt area under running cold water for at least 20 minutes. Do not use ice. Once treated, to prevent infection, keep the area clean and dry.
  - Do not put butter or cream on the burn.

For partial thickness (second-degree burns) give examples of treatment.

Skin burns that form blisters are second-degree burns. They should be seen by a doctor.

  - If the skin is opened, peeling, or blistered it is at least a partial thickness or second-degree burn.
  - If the area is small, cover it with a clean, wet cloth and have an adult take the child to a doctor.
  - If the burned area is large, begin the cooling process and call 111. Cover the child with a cloth or a clean sheet.

Full thickness burns (third-degree burns) are the most serious burns and may need urgent medical assessment and treatment. Treat as a partial thickness (second-degree) burn until medical help arrives and dial 111 straight away, particularly if it is a large area or if the face and/or neck is involved.

Reinforce that in all situations first aid (cool running water for 20 minutes) is recommended. This can be commenced and continued until further help arrives.

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6. Give the students the multi-choice activity on the next page to reinforce their learning on what to do when faced with a burn.

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7. Brainstorm ways that they could make their environment safer, to minimise the risk of burn injury occurring (eg, keep matches out of reach of children, keep hot items such as hair straighteners out of reach of children, run cold water first in the bath, push kettles to the back of the bench, empty kettle when finished so that if a child pulls it down it is empty, push hot drinks into the centre of the table etc).

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8. Play the episode '**Burns**' from DVD1 Bryan & Bobby Series 3 to summarise the learning.

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9. Draw a four or five picture flow-chart of what you would do if you were burned.

Visit [www.bryanandbobby.co.nz](http://www.bryanandbobby.co.nz) for more information.

Watch the following episodes in the previous Bryan & Bobby Resource Kits:

Episode Emergency, DVD1, Bryan & Bobby Series 1 and use the corresponding unit in Workbook 1

Episode Fire Safety, DVD1, Bryan & Bobby Series 1 and use the corresponding unit in Workbook 1

# BURNS MULTI-CHOICE

Name: ..... Date: .....

Circle your best answer:

**1. You have just burned yourself on a hot pan and the burn is blistering.**

- a. You cover it with a plaster.
- b. You run cold water over it and get your parents to take you to a doctor.
- c. You put an ice-cube on the burn.

**2. You have just come in from a long day in the sun. You have red arms and legs, but it's not blistering.**

- a. You go out for another day in the sun.
- b. Take off clothing near the burn and hold the burnt area under cold running water.
- c. You put butter or cream on the burn.

**3. You have just been scalded by hot water from a kettle. There are large blisters and you are in a lot of pain.**

- a. You panic and scream around the house.
- b. You tell your caregiver and they put the burnt area under cold running water for 20 minutes then take you to a doctor/medical facility.
- c. You do nothing.

**4. The following are ways in which to prevent a young child getting burnt.**

- a. When running a bath always put cold water in first.
- b. Always keep hot drinks out of reach of children.
- c. Always keep matches and lighters out of reach of children.
- d. All of the above.



# SUPPLEMENTARY ACTIVITIES

## Health

Have a first aid officer or St John officer visit your class and give advice on what to do when the student or someone they know is burned. Have the students practice, using various burn scenarios that children may face at home and in the classroom.

View the Bryan & Bobby DVD and discuss the dangers of possible burns in the home.

## Written Language

Write an explanation of the possible procedures to undertake when a child receives a mild, superficial, partial and full thickness burn.

Write a recount about times when they or someone they have known have been burnt, and what measures they took to deal with the burn.

Write about some burn prevention strategies they could implement in their own homes to keep themselves and their families safe.

## Drama

Role-play ringing 111 and asking for an ambulance. Emphasise the importance of giving the correct information about the type of burn injury and the details of where to find the patient (street address etc).

Role-play different scenarios with different degree burns.

## Maths

Find out the statistics for the most typical burns for children in New Zealand.

## Oral Language

Talk about times when they or someone they know has been burned and what measures they took to deal with the burn.

## Topic

Have members of the fire service visit your class to talk about fire safety in the classroom and in the home.

Practice fire drills in your class and assembly area.

Give students EXIT templates to complete and laminate for their bedrooms and exit doorways at home.

Make burn prevention posters for younger children and give these to your local preschools.