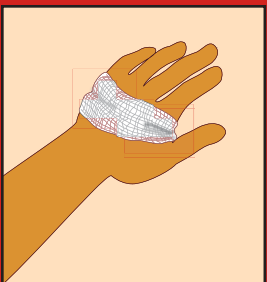


FIRST AID for **BURNS** in **RESTAURANTS**



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.

