



# JROTC Virtual Learning

LET 2 Wellness, Fitness, and First Aid  
First aid for burns [U4C2L5]

April 23, 2020



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## LET 2 First aid for Burns

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# Student Learning Plan

## Unit 4: Wellness, Fitness, and First Aid

### First Aid for Burns [U4C2L5]



#### What you will accomplish in this lesson:

Determine first aid treatment for burns



#### Why this lesson is important:

Burns can result from sources of heat, electricity, and chemicals. In situations where people are injured by these sources, your first aid knowledge should include how to treat them. In this learning plan, you will learn about the different types of burns, how to treat them, and ways to prevent them.



#### What you will learn in this lesson:

- Characterize degrees of burns
- Describe how to treat first-, second-, and third-degree heat burns
- Describe how to treat electrical burns
- Describe how to treat chemical burns to the eyes and skin
- Identify eight things that should not be done in treating burns
- Define key words: acids, bases, caustic, compresses, flush, mottled, neutralized, scalding, smoldering, systemic



#### You will have successfully met this lesson's purpose:

- by summarizing first aid treatment for burns
- by treating burn victims in a simulation
- when you describe first aid procedures for first-, second-, and third-degree burns
- when you list eight "Don'ts" for burn treatment
- when you demonstrate first aid on a simulated burn victim



#### Learning Activities:

These learning activities are designed to help you learn the target skills and knowledge for this lesson. Your instructor may assign additional or alternative learning activities.

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#### INQUIRE PHASE: What do you already know?



1. THINK ABOUT what you know about first aid for burns. PREPARE for this lesson by discussing *What you will accomplish in this lesson; What you will learn in this lesson; Why this lesson is important, and When you will have successfully met this lesson's purpose.*
2. On your own, COMPLETE Exercise #1: Agree/Disagree. REVIEW the correct answers with your class.
3. REFLECT on what you know and need to know about first aid for burns. ANSWER the reflection questions presented by your instructor.

**GATHER PHASE: So, what else do you need to know or learn?**

- Part 1**
- \_\_\_\_\_ 1. VIEW a presentation on the different types of burns. ANSWER the reinforcing questions.
  - \_\_\_\_\_ 2. VIEW a presentation on chemical and electrical burns. ANSWER the reinforcing questions.
  - \_\_\_\_\_ 3. REFLECT on the causes of heat, chemical, and electrical burns. ANSWER the reflection questions presented by your instructor.
- Part 2**
- \_\_\_\_\_ 4. With your team, CREATE a Flow Map showing the first aid steps for your assigned topic. JIGSAW your student text as needed. PRESENT your topic to the class.
  - \_\_\_\_\_ 5. REFLECT on first aid for different types of burns. ANSWER the reflection questions presented by your instructor.

**PROCESS PHASE: Now what can you do with this new information you've learned? ...**

- Part 1**
- \_\_\_\_\_ 1. With your team, CREATE a poster on preventing a type of burn assigned by your instructor. PRESENT your poster to the class. JIGSAW your student text as needed.
  - \_\_\_\_\_ 2. REFLECT on how to prevent burns. ANSWER the reflection questions presented by your instructor.
- Part 2**
- \_\_\_\_\_ 3. **Option 1:** PRACTICE what you've learned about giving first aid for burns by playing the CERT-Alert simulation game on burns. **Option 2:** Practice first aid skills on each other, with instructor defined scenarios.
  - \_\_\_\_\_ 4. REFLECT on your skill level in helping burn victims. ANSWER the reflection questions presented by your instructor.

**Assessment Activities:****APPLY PHASE: What else can you do with what you've learned today?**

- \_\_\_\_\_ 1. COMPLETE the First Aid for Burns Performance Assessment Task. SUBMIT your completed performance assessment task to your instructor for feedback and a grade.
- \_\_\_\_\_ 2. REVIEW the key words of this lesson.
- \_\_\_\_\_ 3. REFLECT on what you have learned in this lesson and how you might use it in the future.

**Self-Paced Learning and Assessment Activities:**

Independently complete the activities outlined below:

1. **Inquire Phase:** Complete the Learning Activities 1 – 3 or as modified by your instructor.
2. **Gather Phase:** Complete the Learning Activities 1 – 5 or as modified by your instructor.
3. **Process Phase:** Complete the Learning Activities 1 – 4 or as modified by your instructor.
4. **Apply Phase:** Complete the Learning Activities 1 – 3 or as modified by your instructor.



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U4C2L5

## First Aid for Burns

### Key Words:

Acids

Bases

Caustic

Compresses

Flush

Mottled

Neutralize

Scalding

Smoldering

Systemic

### What You Will Learn to Do

Determine first aid treatment for burns

### Linked Core Abilities

- Do your share as a good citizen in your school, community, country, and the world

### Skills and Knowledge You Will Gain Along the Way

- Characterize degrees of burns
- Describe how to treat first-, second-, and third-degree heat burns
- Describe how to treat electrical burns
- Describe how to treat chemical burns to the eyes and skin

## Introduction

Burns can result from sources of heat, electricity, and chemicals. In situations where people are injured by these sources, your first aid knowledge should include how to treat them. This lesson covers different types of burns, how to treat them, and ways to prevent them.

## Burns

There are several types and degrees of burns that require different treatments. Heat, electricity, and chemicals can produce burn injuries with their severity depending on the burn's depth, size, and location. Burns can be painful and may result in shock and infection. They can be very serious if they are spread over a large area of the body, there are other injuries involved, or if the victim is very young or very old.

### Burn Sources

The type of burn is typically classified by its heat source. Burns can come from heat, chemicals, electricity, radiation or sun.

### Degrees of Burns

For burns caused by heat sources, there are different degrees (first, second, or third) based on the burn's depth. The deeper a burn reaches into the skin, the more severe it is and it is rated at a higher degree. All electrical burns are third degree.



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### Characteristics of First-degree Burns

First degree burns, the least serious type, is superficial, where the top layer of skin has been burned slightly. These burns produce pain and redness of the skin. First-degree burns are usually caused by: overexposure to the sun, brief contact with a hot object, such as an iron or skillet, minor scalding by hot water or steam, or brief contact with harsh chemicals

- Least severe
- Injure only the top layer of skin
- Redden the skin
- Produce mild swelling
- Cause pain due to irritated nerve endings

- Heal quickly and completely if properly treated
- Caused by brief contact with hot objects, brief exposure to hot water or steam, and overexposure to sun (light sunburn) or wind



*Courtesy of Army JROTC*

### Characteristics of Second-degree Burns

Second-degree burns are more serious than first-degree burns because a deeper layer of skin is burned. They can more easily become infected. Also, if the burn affects more than 10 percent of your skin, you may go into shock because large quantities of fluid are lost from the burned area. A medical professional should treat all second-degree burns greater than two to three inches in diameter. Second-degree burns are usually caused by: deep sunburn, exposure to flames, contact with hot liquids, burning gasoline or kerosene, or contact with chemicals.

- Involve deeper layers of skin
- Cause skin to turn red and/or **mottled**
- Appear moist and oozing from the loss of fluid through damaged skin layers
- Produce blisters and swelling
- Usually the most painful type of burn because nerve endings are still intact even though tissue damage is severe

- Burns covering a large area may cause shock due to extensive loss of fluid from the burned skin
- Smaller second-degree burns that are properly treated should heal within two weeks with little or no scarring
- Caused by a deep sunburn, prolonged contact with hot objects, **scalding**, and flash burns from flammable liquids suddenly bursting into flame



*Courtesy of Army JROTC*

### Characteristics of Third-degree Burns

Third-degree burns, the most serious, involve all layers of skin. They are so deep that only the edges will heal. Scars will eventually cover the rest of the burned area if skin grafting is not done. Third-degree burns are usually caused by: clothing on fire, immersion in hot water, contact with flames, hot objects, electricity, or corrosive chemicals.

- Deepest and most severe type of burn
- May look white or charred (may appear to be a second-degree burn at first)
- Result in deep tissue destruction, reaching all layers of the skin and sometimes structures below the skin
- Often cause little or no pain since nerve endings are destroyed
- Often cause shock



- When healed, will be covered by scar tissue
- Caused by immersion in extremely hot water, prolonged contact with flames, and electric shock



*Courtesy of Army JROTC*

## Treating Heat Burns

Treat heat burns based on their degree; therefore, before treating a burn, determine its degree and treat accordingly. When deciding the degree of a burn, in addition to the above descriptions, it may help to know the source of the burn and/or how hot the source was, as well as how long the victim was exposed to it.

If a victim appears to have a combination of burns of different degrees, determine the degree of the most burned part — usually in the middle of the burned area — and treat for that degree. If you are not sure about the degree of a burn, treat it as a third-degree burn.

Keep in mind that the goal of burn treatment is to relieve the victim's pain, prevent him/her from going into shock, and prevent infection of the burned area.

## Treating First-degree Burns

1. Loosen tight clothing and remove jewelry from the burned area before it swells. Have the victim put his/her jewelry in a safe place after removal.

2. Cool the burned part with water by either holding it under cold, running water, pouring cold water over it, immersing it in cold water, or applying cold, wet **compresses** to it. Cooling the burn with water helps remove heat from the skin, relieves pain and swelling, and cleans the injury. Continue this **neutralizing** treatment for between five and 15 minutes until the pain subsides.
3. Gently pat the burned area dry with a clean cloth.
4. Cover the injury with a sterile bandage or clean cloth to keep air off of it, thereby reducing pain, and to provide protection against infection. Keep the bandage loose to keep pressure off of the injury.
5. Once a first-degree burn is completely cooled, especially a sunburn, use a lotion or moisturizer to relieve pain and prevent drying of the skin.

## Treating Second-Degree Burns

1. For second-degree burns, follow steps one through four for treating first-degree burns. If you use running water to cool the injured part, ensure the water is not so forceful that blisters on the burned skin are broken.
2. Elevate the burned part.
3. Ensure the victim drinks plenty of liquids to avoid dehydration.
4. Seek medical treatment for second-degree burns to the face, hands, feet, or genitals, or that are more than two to three inches in diameter.

**Notes:** (1) For extensive second-degree burns, monitor the victim for signs of shock and treat accordingly until he/she receives medical treatment. See Lesson 4 for signs and treatment of shock. (2) For second-degree burns to the face, especially if accompanied by smoke inhalation, the victim may have respiratory burns that can lead to swelling and blockage of his/her airway. Monitor the victim's breathing and treat accordingly until he/she receives medical treatment

## Treating Third-Degree Burns

1. Remove the victim from the source of heat if he/she is still in contact with it.
2. Next, call for Emergency Medical Services (EMS). All third-degree burns require medical treatment regardless of their size. Until the victim receives treatment, follow steps three through nine.
3. Ensure that the victim is breathing. If not, begin mouth-to-mouth resuscitation. See Lesson 2 for mouth-to-mouth resuscitation procedures. If the victim is breathing, continue with steps four through nine.

4. Remove any clothing that is still **smoldering** to stop further burning. If the victim is wearing jewelry that is near or on a burned area, remove it if it comes off easily. Place the jewelry in the victim's pocket, purse, etc., if available. If not, reassure the victim that you will give his/her jewelry to emergency medical personnel when they arrive.
5. If necessary, expose the burned area by cutting and gently lifting away any clothing. If any cloth sticks to the burn, leave it in place. Note: If you are in a chemically contaminated area, do not expose the burned area; simply apply a dressing over the victim's clothing.
6. Cover the burned area loosely with cool, moist compresses, sterile bandages, or clean cloth. Note: Unlike treatment for first- and second-degree burns, do not cool a third-degree burn with water, since this can increase the risk of shock.
7. Elevate the burned part.
8. Treat the victim for shock. See Lesson 4 for procedures for treating shock. Pay special attention to the victim's body temperature, which can change rapidly due to the skin being burned.
9. Monitor breathing of victims with burns to the face and burns resulting from fire accompanied by smoke inhalation. Treat accordingly.

#### **"Don'ts" When Treating Burns**

- ✓ Do not put butter, oil, or grease on a burn; they can keep heat in the burn and cause more damage, as well as increase the chance of infection.
- ✓ Do not use cotton or cottony bandages on burns as they may stick to the injury.
- ✓ Do not put ice or ice water on a burn; this can result in frostbite and cause more damage to the skin.
- ✓ Do not break any blisters that have formed; blisters help protect against infection.
- ✓ Do not put pressure on a burn.
- ✓ Do not try to remove stuck clothing, debris, or loosened skin from a burn.
- ✓ Do not try to clean a wound with soap, alcohol, or any other antiseptic product; only water should be used and only on first- and second-degree burns.
- ✓ Do not let a victim walk on burned feet even if he/she tells you it does not hurt; third-degree burns can cause little pain since nerved endings are destroyed, but damage is severe and pressure from walking will only increase it.

## Treating Electrical Burns



*Courtesy of Army JROTC*

While an electrical shock will often produce only a minor mark on the skin, the injury can be a serious, deep-tissue burn, so treat all electrical burns as third degree. The current from an electrical shock passing through a victim's body can also result in unconsciousness and may slow or stop his or her breathing and/or heartbeat. Therefore, treat electrical shock as a potentially life-threatening injury.

If you believe a person has been electrocuted, assess the situation first before touching the victim. He or she may still be in contact with the electrical current, and if you touch him or her, you could become a victim of electrical shock as well. Follow these steps to avoid a double accident and provide first aid treatment:

1. If the victim is still in contact with the source of electricity, stop the current.
  - a. Shut off the electrical current by unplugging a cord, removing a fuse from the fuse box, or turning off the circuit breaker, as appropriate. Note: In many cases, just turning off a wall or appliance switch does not stop the electrical flow. Even though you have shut off the electrical current, to be completely safe, move the victim away from the electrical source before continuing. Proceed to step three.
  - b. If you cannot turn off the electricity or you are outside and the shock is due to a downed power line, either call the power company yourself if you have a phone near you, or if there are other people around, have someone else call the power

company. Meanwhile, since it may take you less time to separate the victim from the current than to wait for the power to be cut off, proceed to step two. Or, if you are alone and/or there is no phone readily available in this situation, proceed to step two.

2. Separate the victim from the source of electrical current.
  - a. Push the victim off of or away from the source of electricity — or push the source of electricity off of or away from the victim — using a dry non-conducting material (wood, plastic, cardboard) like a broom, stick, or chair. If available, also stand on something dry and non-conducting, like newspaper or a rubber mat, as you disengage the victim. If pushing does not work, use a dry rope or dry clothing to lift or drag the victim off of or away from the source of electricity. This method works better if there are two rescuers: one to lift the victim off and the other to push the electrical source away.

**Special Precaution:** If the ground is wet, do not attempt to move a victim in contact with an electrical current. Water conducts electricity, and you can be electrocuted as well. In this case, the current must be stopped before you can administer first aid.

3. Check the victim's breathing and pulse. Be prepared to administer mouth-to-mouth resuscitation or cardiopulmonary resuscitation (CPR) if the victim's breathing is shallow or nonexistent or his/her pulse is dangerously slow or nonexistent.
4. Once you are sure the victim is breathing, take the time to call EMS if you or someone else has not already done so.
5. Check the victim for two burn sites — one where the electricity entered the body and one where it exited the body. Treat the burns by following steps four through nine for treating third-degree burns, including treating for shock and monitoring breathing.

## Treating Chemical Burns



*Courtesy of Army JROTC*

Chemical burns occur when the skin or eyes come in contact with liquid or dry chemicals that are **caustic** or irritating. Around your house, you may have products like rust and paint removers and drain and cement cleaners that contain **acids** designed to eat away certain materials and **bases** (also called alkalis) used to cut through grease. If used carelessly or improperly, these products may also do the same to your clothes and skin.

The seriousness of a chemical burn depends on the:

- Length of time the chemical is in contact with the skin or eyes
- Concentration of the chemical — the more concentrated, the more damaging
- Temperature of the product containing the chemical — the higher the temperature, the quicker the damage.

Treatment of chemical burns involves stopping the chemical action immediately by removing the chemical from the skin or eyes and by removing contaminated clothing that can transmit absorbed chemicals to the skin. Treatment will vary depending on the type of chemical involved, so if there are first aid instructions on the label of the chemical product causing the burn, follow those instructions. If not, use the following basic guidelines for treatment.

### Treatment for Chemical Burns to the Skin

1. Depending on the extent of chemical coverage on the victim or in the area, consider wearing gloves and/or safety goggles, if available, to protect yourself from chemical injuries while assisting the victim.
2. Remove any contaminated jewelry or clothing from the victim, including shoes and socks where chemicals can collect.
3. Remove the chemical from the skin.
  - a. For liquid chemicals, **flush** them from the contaminated skin with large amounts of cool running water for at least 15 minutes.
  - b. For dry chemicals, brush them off the skin using a clean, dry cloth. Take care to keep the chemicals from blowing into your eyes or the victim's eyes, and avoid brushing the chemicals onto your own skin. Then, if large amounts of water are available, flush the contaminated area for at least 15 minutes. If large amounts of water are not available, do not apply any water to the contaminated area, since small amounts of water can react with dry chemicals causing more burning.

**Note:** If the victim says he/she feels the burning has intensified after you have finished flushing the contaminated area, flush for several more minutes, or longer, as necessary.

4. Cover the burned area loosely with dry, clean bandages or cloth.
5. Minor chemical burns generally heal without further treatment; however, call for Emergency Medical Services for:
  - any chemical burn to the face, hands, feet, genitalia, or joints
  - second-degree chemical burns over two to three inches in diameter
  - all third-degree chemical burns
  - if there is a **systemic** reaction to the chemical burn and/or chemical exposure.
  -

**Note:** (1) For extensive or severe chemical burns, monitor the victim for signs of shock and treat accordingly until he/she receives medical treatment. (2) For a victim with chemical burns to the face or who may have inhaled chemicals, monitor his/her breathing in case of possible respiratory burns and swelling. Treat accordingly until medical help arrives.

### Treatment for Chemical Burns to the Eyes

1. Position the victim's head so that the injured eye is lower than the uninjured eye. This will prevent the chemical from getting into the uninjured eye. If both eyes are injured, proceed to Step two.
2. If there is only one injured eye, hold the eyelids of the injured eye open and flush with water from the inner corner of the eye (closest to the nose) to the outer corner (closest to the ear). Flush for at least fifteen minutes. If both eyes are injured, flush both at the same time.
3. To keep the victim from moving his/her injured eye(s), have the victim close both eyes, then cover them with cloth pads or gauze taped loosely into place. Since eyes move together, both eyes must be closed and covered to keep the injured eye still.
4. Call for Emergency Medical Services or transport the victim to the emergency room.

### "Don'ts" When Treating Chemical Burns

Follow the "don'ts" listed previously in "Don'ts" When Treating Burns. In addition, do not put any other chemicals on a chemical burn in an attempt to **neutralize** the chemical causing the burn — for example, putting an acid on an alkali and vice versa.

## Conclusion

You have just learned important procedures for treating burns, as well as when to apply basic first aid and life-saving skills in these situations. Remember that while it is important to administer first aid treatment as quickly as possible in most situations, some rescue situations require careful assessment before you jump in to save someone, so that you do not become a victim yourself. Remaining calm, thinking logically and clearly, and knowing what steps to take and when to take them will help you successfully perform first aid.

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## Lesson Check-up

1. What are some of the characteristics of first-, second-, and third-degree burns?
2. What first aid would you provide someone with a first-degree burn?
3. How would you treat a second-degree burn?
4. Before treating a person who may be a victim of an electrical burn, what should you do first and why?



## Exercise 1: Agree/Disagree

**Directions:** Circle true if you agree with the statement, and circle false if you disagree.

- True False 1. Relieve tissue damage and pain from a minor burn by holding the injured part in a sink filled with cool water.
- True False 2. Butter can be effective on first- and second-degree burns.
- True False 3. When washing chemicals off the body, flush with water for at least five minutes.
- True False 4. Do not try to neutralize a chemical because more damage may result.
- True False 5. Pain and inflammation from burns can be relieved with aspirin or ibuprofen for those victims who can tolerate those over-the-counter medications.
- True False 6. For an electrical burn victim inside a building, turn off the electricity at the circuit breaker, switch box, or unplug the appliance.
- True False 7. Brush dry powder chemicals from the skin.
- True False 8. When washing chemicals off the body, use high-pressure water.

# Performance Assessment Task

## Unit 4: Wellness, Fitness, and First Aid

### First Aid for Burns [U4C2L5]

This performance assessment task gives you an opportunity to document your achievement of the lesson's competency:

#### Determine first aid treatment for burns

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#### Directions

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For this performance assessment task, you will summarize the first aid procedures for burns. For this assessment you will:

1. Create How-To cards for the first aid procedures you learned in this lesson.
2. Demonstrate application of first aid for burn victims in a classroom simulation.
3. Use the attached scoring guide criteria for what you need to do to complete this task.
4. Submit your completed performance assessment task and scoring guide to your instructor for evaluation and a grade.

**RECOMMENDATION:** It is recommended that you add this performance assessment task to your Cadet Portfolio.

## **First Aid for Burns Performance Assessment Task Scoring Guide**

<b>Criteria</b>	<b>Ratings</b>	
1. Your Treating First-Degree Burns card describes first aid procedures explained in the student text or other reference material	met	not met
2. Your Treating Second-Degree Burns card describes first aid procedures explained in the student text or other reference material	met	not met
3. Your Treating Third-Degree Burns card describes first aid procedures explained in the student text or other reference material	met	not met
4. Your Treating Chemical Burns card describes first aid procedures explained in the student text or other reference material	met	not met
5. Your Treating Electrical Burns card describes first aid procedures explained in the student text or other reference material	met	not met
6. Your "Don'ts" card list eight things that should not be done for a burn injury	met	not met
7. You demonstrate first aid for burn injuries described by your instructor	met	not met

**Comments:**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Evaluator's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_