

Would you know what to do if your clothes caught fire?

If your clothes catch fire, your gut may tell you to run for help in a panic BUT what you should do is; **STOP** what you are doing, **DROP** to the ground & cover your face with your hands & **ROLL** over & over till the flames are out. Then call for help if needed.

Stop.



Drop.



Roll.



[Image credit: National Fire Prevention Agency]

Would you know what to do if you got burnt?



[Image credit: <https://www.capt.org.uk/first-aid-for-burns-and-scalds>]

Getting burns under cool running water as soon as you can, makes a significant difference in the recovery of burns. It is the best thing you can do to help yourself.

COOL the burn for 20 minutes under cool running water, doesn't need to be freezing.

CALL for help for any burn bigger than a 50p coin: 999, NHS 111 or your GP.

COVER the burn loosely with cling film or a clean, non-fluffy dressing or cloth.