M5U5 First Aid for Burns

Reading

1. What is the feature of this text?

2. Why does the author include blue subtitles in italic, brown dots and numbers?

To highlight key information.

3. What can we learn in the passage?

We can learn first aid for burns, including _____.

FIRST AID FOR BURNS

The **skin** is an essential part of your body and its largest **organ**. You have three layers of skin which act as a **barrier** against disease, **poisons** and the sun's harmful **rays**. The functions of your skin are also very **complex**: it keeps you warm or cool; it prevents your body from losing too much water; it is where you feel cold, heat or pain and it gives you your sense of touch. So as you can imagine, if your skin gets burned it can be very serious. First aid is a very important first step in the treatment of burns.

Causes of burns

You can get burned by a **variety** of things: hot **liquids**, steam, fire, **radiation** (by being close to high heat or fire, etc), the sun, electricity or chemicals.

Types of burns

There are three types of burns. Burns are called first, second or third degree burns, depending on which layers of the skin are burned.

- ***First degree burns*** These affect only the top layer of the skin. These burns are not serious and should feel better within a day or two. Examples include **mild** sunburn and burns caused by touching a hot **pan, stove** or iron for a moment.
- ***Second degree burns*** These affect both the top and the second layer of the skin. These burns are serious and take a few weeks to heal. Examples include severe sunburn and burns caused by hot liquids.
- ***Third degree burns*** These affect all three layers of the skin and any **tissue** and organs under the skin. Examples include burns caused by **electric shocks**, burning clothes, or severe petrol fires. These burns cause very severe injuries and the victim must go to hospital at once.

Characteristics of burns

First degree burns

- dry, red and mildly **swollen**
- **mildly** painful
- turn white when pressed

Second degree burns

- rough, red and swollen
- blisters
- watery surface
- extremely painful

Third degree burns

- black and white and charred
- swollen; often tissue under them can be seen
- little or no pain if nerves are damaged; may be pain around edge of injured area.

First aid treatment

1 Remove clothing using **scissors** if necessary unless it is stuck to the burn. Take off other clothing and jewellery near the burn.

2 Cool burns immediately with cool but not icy water. It is best to place burns under gently running water for about 10 minutes. (The cool water stops the burning process, prevents the pain becoming **unbearable** and reduces swelling.) Do not put cold water on third degree burns.

3 For first degree burns, place cool, clean, wet cloths on them until the pain is not so bad. For second degree burns, keep cloths cool by putting them back in a **basin** of cold water, **squeezing** them **out** and placing them on the burned area **over and over again** for about an

A young girl has reached up to a bench, and pulled the cord of an electric jug towards her. However, she gets burnt by the boiling water.

1. What may be the cause of the girl's burns?

   Hot liquids and stream.

2. Should the girl be sent to the hospital immediately?

   It depends.

3. What should the mother do before she decides to send the girl to the hospital?

   observe the characteristics of burns

   determine the types of the burns

   adopt proper first aid treatment

If the girl's burns is A/B/C, can you describe the characteristics and types first, and then give the mother some proper first aid treatment advice?

A _____

B _____

C _____

B _____

Type	Characteristics	First aid treatment
first degree burns **_____ is affected.** **These burns are _____ and _____.**	• dry, red and mildly _____ • _____ painful • turn _____ when pressed	1. Cool burns immediately with _____ _____ for _____ minutes. 2. Place _____on burns until the pain is not so bad. 3. Dry the burned area gently. Do not _____ 4. Cover the burned area with _____. Never put _____ to avoid _____. 5. Keep the burns on arms _____, if possible.

A _____

Cool/Cover/Call

Type	Characteristics	First aid treatment
second degree burns **_____ are affected.** **These burns are _____ and _____.**	• rough, red and swollen • _____ • watery surface • _____ painful	1. Cool burns immediately with _____ _____ for _____ minutes. 2. Place _____on burns for _____ until the pain is not so bad. 3. Dry the burned area gently. Do not _____. 4. Cover the burned area with _____. Never put _____ to avoid _____. 5. Get the victim _____.

C _____

Type	Characteristics	First aid treatment
third degree burns **_____ are affected.** **These burns are _____ and _____.**	• black and white and charred • swollen; _____ • _____if nerves are damaged; may be _____	1. Do not _____. 2. Do not _____. 3. Never _____. 4. Get the victim _____.

Retelling

1. Which type of burns is the girl most likely to get?
2. Can you describe the characteristics of burns, and offer proper aid treatment advice?

third degree burns

Type	Characteristics	First aid treatment
 c third degree burns	• black and white and charred • _____ • _____ if nerves are damaged; may be _____ _____ are affected. These burns are _____ and _____.	1. Do not _____. 2. Do not _____. 3. Never _____. 4. Get the victim _____.

Further thinking

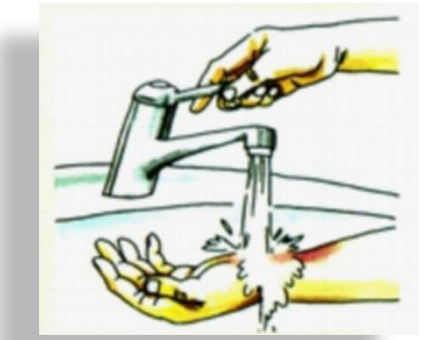
1. Why should you put cold water on a burn?
2. Why doesn't a third degree burn hurt?
3. Why do you think clothes and jewellery near burns should be removed?
4. If someone has a third degree burn, why might you see tissue?
5. **Are the suggestions in the seven steps persuasive?**

The suggestions are followed by explanations, making them convincing.

Further thinking

1. Of the seven stages, why does the author include a picture of the second stage?

Cooling burns immediately is a must for first and second burns. This illustration helps to visualize the process.



2. Can we leave out para.1? Why?

No. It tells us the functions of skins, which introduces the topic.

The skin is an essential part of your body and its largest organ. You have three layers of skin which act as a barrier against disease, poisons and the sun's harmful rays. The functions of your skin are also very complex: it keeps you warm or cool; it prevents your body from losing too much water; it is where you feel cold, heat or pain and it gives you your sense of touch. So as you can imagine, if your skin gets burned it can be very serious. First aid is a very important first step in the treatment of bums.

Assignment

1. Make an English poster titled *First Aid for Burns.*

Assignment

2. Write a list of dos and don’ts for first degree burns.

	Dos	Don’ts
For First Degree Burns		

A possible version

	Dos	Don'ts
For First Degree Burns	1. Cool the area right away. Place the affected area under cold running water. Do this for at least 5-10 minutes or until the pain is relieved. This will also reduce the amount of skin damage. 2. Keep the area uncovered and raised, if possible. Apply a dry dressing, if necessary. 3. Go to the hospital if after 2 days you show signs of infection(fever, chills, increased redness, or swelling) or if the affected area is still painful.	1. Do not apply ice and cold water for too long a time. This may result in complete numbness leading to frostbite. 2. Do not use butter or other ointments. 3. Avoid using local anesthetic sprays and creams. They can slow heating and may lead to allergic reactions in some people. 4. Do not give aspirin or any medication containing salicylates(水杨酸盐) to anyone 19 years of age or younger, unless a doctor tells you to.