



## Burn Ward

Proper first aid procedures can help reduce the severity of any burn. STOP, DROP, AND ROLL is what you should memorize so that, if the time comes, you won't hesitate for a second if you or your clothing catch fire. Stop where you are, drop to the floor or ground, cover your face with your hands to protect it and your lungs, and roll over and over to smother the flames.

If someone else's clothing is on fire, wrap that person in a rug or blanket to smother the flames. Once the fire is out, cut away any loose clothing, but don't remove clothing if it's stuck to a burn. Remove any jewelry from the burned area.

Rinse a first or second degree burn in cold water or soak in water with ice for at least fifteen minutes. If the burned area becomes painful when it is removed from the cooling source it should be returned immediately returned to the cooling source, this process could take hours. Don't apply oil, butter or lotion to a burn for at least 24 hours.

- After soaking or rinsing the burned skin, cover it with a clean (preferably sterile), dry cloth. If arms or legs are burned, elevate them.
- Don't break any skin blisters. If they break on their own, leave them alone and protect the wound from infection.

Burns often require medical attention. See a doctor right away for all burns that:

- Appear to be third-degree (white or charred skin)
- Were caused by contact with electrical current
- Affect the hands, feet, or face
- Cover more than 10 percent of the body



## Short Days, Long Months

Short days and lack of light make it seem like an endless night. If the lack of light has you down, try these tips to brighten your work days.

☀ **Get as much sunlight as you can.** Try to get outdoors for at least an hour a day. If you can, use your lunch and break times to walk outdoors.

☀ **Brighten up your cubicle.** Turn on all the overhead lights, utilize the lighting under your bookshelves or use a task lamp.

☀ **Take your annual vacation during the winter months.** Visit a sunny and warm climate, if possible.

☀ **Stay away from sugars and starches.** Eat a low-fat, well-balanced diet with lots of vegetables and fruits.

☀ **Limit caffeine.** Stay hydrated; you still need plenty of water even during the winter months.

☀ **Let the light in.** Open your curtains and raise your blinds.

☀ **Keep active.** Exercise releases endorphins, which are natural mood lifters.

☀ **Stay social.** Resist the impulse to hibernate. Take that co-worker up on the offer to go for a walk or have lunch together.

Keep your spirits, and your productivity, high by letting the sun shine in all month long. Spring will be here soon!

## Beware of Burn Hazards

### YCPARMIA

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Authority

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[www.ycparmia.org](http://www.ycparmia.org)

### Safety Suggestion Box

Report hazards anonymously! Go to our website at [www.ycparmia.org](http://www.ycparmia.org), and click on the menu box entitled "Anonymous Safety Box". YCPARMIA forwards all submissions, anonymously and exactly as written, to the appropriate entity's safety committee for their consideration and/or action.



### Teaching Tiny Tots What's "Hot"

Pull your hand away from something hot and say "hot!" Then let your child feel something that's very warm (not hot) like the outside of a coffee mug. This method can teach your child to stay away from things like the stove and fireplace.

Teach your children about hot surfaces

There are so many potential burn hazards that you need to be aware of. Take precautions to prevent fires and contact with heat when you encounter any of the following burn hazards:

- **Flammable liquids** such as gasoline, alcohols, and cleaning solvents have invisible vapors that move quickly through the air. Put them together with an ignition source, such as a spark, and you could have a fire or an explosion.
- **Smoking** is a hazard because lit cigarettes or matches can be an ignition source for almost anything that's capable of burning.
- **Welding and cutting operations** are a potential cause of burns and fires, as they create flames and sparks.
- **Space heaters**, when not used properly, can increase the chance of building fires and burns.
- **Very hot water and drinks** are yet another potential burn hazard.

Be aware of electrical hazards that could shock you or burn you directly or cause electrical fires. These hazards include:

- Wiring with frayed or worn insulation
- Overloaded circuits, fuses, motors, or outlets
- Loose or missing ground connections
- Lights that come in contact with combustible materials
- Direct contact with live wires or circuits

Know when the chemicals you use are a potential burn hazard by using the basic information tools:

- Container Labels
- Safety Data Sheets

If they tell you a substance can catch fire under certain circumstances or that it can burn your skin on contact, you know you have to take precautions. Make sure to report any burns, shocks or potential fire hazards to your supervisor.

