

## SA Health

Women's and Children's Hospital  
Burns Service  
Phone (08) 8161 7000

Royal Adelaide Hospital Burns Unit  
Phone (08) 8222 4000

Parent Helpline (24 hr service)  
Phone 1300 364 100

Search for 'burns' on these websites:

- > [www.wch.sa.gov.au](http://www.wch.sa.gov.au)
- > [www.cyh.com](http://www.cyh.com)

## Kidsafe

Phone (08) 8161 6318

## SA Metropolitan Fire Service

Emergency calls 000  
General business 8204 3600  
[www.samfs.sa.gov.au](http://www.samfs.sa.gov.au)

## Country Fire Service

Emergency calls 000  
CFS information hotline 1300 362 361  
[www.cfs.org.au](http://www.cfs.org.au)

# Learn or Burn



Put campfires out with water...  
not sand or dirt



**Sponsored by  
The Australian  
Professional Firefighters  
Charity Foundation.**

Non-English speaking: for information  
in languages other than English, call the  
Interpreting and Translating Centre and ask  
them to call The Department of Health.  
This service is available at no cost to you,  
contact (08) 8226 1990.



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Kicking a bit of dirt or sand on the fire to put it out isn't smart because it stays hot for more than eight hours. If you or your kids later touch the dirt-covered fire for just a second, it can still be extremely hot and it will burn skin!

Be smart, only put your campfire out with water. In 10 minutes, it cools below 50 degrees and in eight hours it's harmless.

### First aid

- > Stop, Drop and Roll
- > Extinguish areas with water if still on fire
- > Remove clothing unless stuck/melted

### Apply cold water

Immediately run cool water over the affected area for about 20 minutes.

Cooling the burn is very important as it prevents the heat from burning into the skin's deeper layers.

**NEVER USE ICE.**

### Remove anything tight

Such as jewellery, bracelets, etc. Burns quickly cause the skin and tissue underneath to swell.

### Cover the burn

After cooling the burn for 20 minutes cover the burn. If the burn is on the face, cover it with a clean, damp cloth.

If the burn is on any other part of the body, cover it loosely with clean plastic cling wrap.

**NEVER** use butter, oils, toothpaste, creams or ointments to cover the burn. These may hold the heat in and cause further damage to the skin.

### Go to your doctor or hospital

Go to your doctor or hospital if the skin is broken or if you are concerned. Infection may change a superficial burn into a deep burn.

Firefighters say there are seven basic rules for building a safe campfire:

1. Fires should be lit in cleared areas, where there are no overhanging branches and minimal grass and scrub.
2. Ensure the campfire is a safe distance from tents, and that any other camping equipment is stored well away from it - especially flammable items such as gas cylinders, fuel cans etc.
3. Where possible use a fireplace such as a barbecue pit or build a surround out of large rocks.
4. Never use any kind of flammable liquid on a fire - even when you are trying to get it started.
5. Have a bucket of water and a shovel nearby.
6. When you have finished with your campfire put it out with a good amount of water... not sand or dirt.

Remember regulations surrounding campfires are in place during the fire danger season and on a day of total fire ban it's illegal to have a campfire unless you hold a permit.