



First Aid & CPR Training Group

first and second degree sunburns

We've all heard about the dangers of unprotected sun exposure, but we're all guilty of a little carefree sunning once and a while. Sunburns are radiation burns that, if serious enough, can effect more than the top layer of our skin resulting in painful blisters. From a first aid perspective, how do we treat various levels of sunburns?

First degree sunburn: red, painful and swollen

HOW TO TREAT:

- Get out of the sun and rest
- Replenish lost fluids with water and drinks with electrolytes
- Ease the sunburn heat and pain with cool, damp cloths
- Apply a soothing aloe-based lotion to ease the pain and lessen peeling

DID YOU KNOW?

The highest opportunity for sunburns occur when the sun is strongest and directly overhead (around mid-day).

Second degree sunburn: red, painful, swollen and blistering

HOW TO TREAT:

- All treatment for first degree sunburns
- Do not pop blisters – they are protecting the damaged skin underneath and are preventing infection
- Seek medical assistance if the pain and blisters have not subsided within a couple of days

TIP: Stay in the shade whenever possible and wear a hat, sunglasses and sunscreen to proactively protect yourself from sun exposure.

NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.



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