

Burn Treatment Tips

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Administrative Control Board

Dry heat, corrosive substances and friction cause burns. Burns can also be produced by extreme cold, and by radiation, including the sun's rays.

Burns carry a serious risk of infection, which increases according to the size and depth of the burn. The body's natural barrier, the skin, is destroyed by burning, leaving it exposed to germs.

Burns can be categorized as:

1. superficial burns,
2. partial-thickness burns, or
3. full thickness burns.

Superficial burns involve only the outer layer of the skin, and are characterized by redness, swelling and tenderness. Typical examples are mild sunburn, or a scald produced by a splash of hot tea or coffee. Superficial burns usually heal well if prompt first aid is given, and do not require medical treatment unless extensive.

Partial-thickness burns damage a 'partial thickness' of the skin, and require medical treatment. The skin looks raw, and blisters form. These burns usually heal well, but can be serious, if extensive. In adults, partial-thickness burns affecting more than 50% of the body's surface can be fatal. This percentage is less in children and the elderly.

Full-thickness burns damage all layers of the skin. Damage may extend beyond the skin to affect nerves, muscle and fat. The skin may look pale, waxy, and sometimes charred. Full-thickness burns of any size always require immediate medical attention, and usually require specialist treatment.

Some things to keep in mind when treating for a severe burn include:

DO NOT overcool the individual; this may dangerously lower the body temperature.

DO NOT remove anything sticking to the burn; this may cause further damage and cause infection.

DO NOT touch or interfere with the injured area.

DO NOT burst blisters.

DO NOT apply lotions, ointment, or fat to the injury.

Douse the burn with copious amounts of cold liquid. Thorough cooling may take 10 minutes or more.

While cooling the burns, check airway, breathing, and pulse, and be prepared to resuscitate.

Gently remove any rings, watches, belts, shoes, or smoldering clothing from the injured area, before it starts to swell. Carefully remove burned clothing unless it is sticking to the burn.

Cover the injury with a sterile burns sheet or other suitable non-fluffy material, to protect from infection. A clean plastic bag or kitchen film may be used. Burns to the face should be cooled with water, not covered.

Ensure that the emergency service is on its way.

Minor burns and scalds are usually the result of domestic accidents. Prompt first aid will generally enable them to heal naturally and well, but the advice of a medical practitioner should be sought if there is doubt as to the severity of the injury.

In treating a mild burn:

DO NOT use adhesive dressings.

DO NOT break blisters, or interfere with the injured area.

DO NOT apply lotions, ointments, creams, or fats to the injured area.

Cool the injured part with copious amounts of cold water for about 10 minutes to stop the burning and relieve the pain. If water is unavailable, any cold, harmless liquid such as milk or canned drinks will suffice.

Gently remove any jewellery, watches, or constricting clothing from the injured area before it starts to swell.

Cover the injury with a sterile dressing, or any clean, non-fluffy material to protect from infection. A clean plastic bag or kitchen film may be used.

If you have any questions as to the severity of a burn, please call 911.



LPN Elberta Long retires

Kane County Hospital has had the pleasure of Elberta Long working with us since August 2000. We would like to wish her well and only ask that she comes back to visit now and then, just to say hi to old friends.

Defensive driving classes available

The Utah Safety Council is now offering a four-hour defensive driving course for individuals in the St. George area. The course will take place on Saturday, February 5 and 26, 2011, at the Dixie State College, from 8 a.m. to 12 p.m.

The four-hour course consists of classroom instruction and focuses on accident prevention, driving confidence, awareness of hazards and improving driving skills.

Drivers may complete the course for a 50-point reduction from their Utah driving record once every three years. Individuals 55 years of age and older may qualify for insurance discounts after completing the course.

Registration is \$40 per person, or \$10 for those age 55 and over that are only seeking a reduction in their insurance rate. For additional information or to register, please contact the Utah Safety Council at 800-933-5943 or visit www.utahsafetycouncil.org.

Lake Powell Resorts & Marinas kicks off 2011 Enrollment of "Houseboating University"

Concerns about the difficulty of operating and navigating a houseboat are two of the main reasons why travelers put their dreams of a houseboating vacation on hold, according to a recent focus group of potential houseboaters by Brand Outlook. To help overcome these uncertainties, Lake Powell Resorts & Marinas is bringing back its popular Introduction to Houseboating weekend for a second year. The affordable and fun program is designed to show potential houseboaters how easy and accessible a houseboating vacation can be.

"This is the time to book our signature two-day educational travel experience designed for anybody who has ever contemplated a houseboat vacation," says David Sloma, vice president of operations for Lake Powell Resorts & Marinas. "Our 'students' will learn the ropes of houseboating with a licensed captain while enjoying time with a friend or loved one at breathtaking Lake Powell."

People seeking to book the Introduction to Houseboating package can visit the website or call 888-486-4665 using the Promo code: HBINTRO. The package is the only houseboating education program of its kind and will be offered on the weekends of April 29, May 13 and May 20, 2011, at Wahweap Marina, located on the Arizona-Utah border, and the weekend of May 13 at Bullfrog Marina in Utah.

Affordably priced at \$299, the package* includes a double occupancy, two-night stay at Lake Powell Resort or Defiance House Lodge and daily breakfast for two in addition to the hands-on training. The \$1,100 value gives

interested houseboaters the ability to preview a houseboating vacation through viewing Lake Powell Resort & Marina's facilities and boat options in addition to learning the ins and outs of houseboating. Full-day powerboat rentals may also be added at 60 percent off, with starting prices at \$149 for a 19-foot powerboat at Wahweap Marina and \$199 for a 20-foot powerboat rental at Bullfrog Marina.

Guests can relax after arriving on a Friday and then embark on a six-hour training course on Saturday. During the training, a certified captain and deckhand familiarize visitors on all of the houseboating systems and provide personal instruction on navigation and boating rules.

Participants also have the opportunity to practice beaching, anchoring, piloting, in addition to towing and securing a powerboat. Boxed lunches are provided and guests can enjoy downtime sunbathing and taking photos of magnificent Southwest scenery.

Lake Powell Resorts & Marinas, America's offers guests a wide variety of houseboats with all of the amenities of home, including full kitchens, staterooms, and bathrooms, and luxury models that feature propane fireplaces, outdoor gas grills and hot tubs. For a complete listing for available houseboats and amenities, please visit www.lakepowell.com.

**Disclaimer: the package price is based on double occupancy. Offer valid on a first come first serve basis and has limited availability. Not good with any other discounts or offers. Room type is based on availability.*

ZCFI offers free lecture and starts 2011 class season

Zion Canyon Field Institute presents a free lecture entitled "Southern Paiute: A Contemporary View" by Logan Hebner and Michael Plyler.

The lecture is scheduled for 7:30 pm, Thursday, February 10, 2011, at Canyon Community Center, 126 Lion Boulevard in Springdale. The lecture is free and open to the public. Fund-

ing for the lecture is provided in part by the Utah Humanities Council.

The 2011 season of ZCFI classes gets underway on February 12 with Native Plant Seed Propagation taught by park resource specialist Rebecca Lieberg. The class will be held from 10 a.m. until 12 noon at the greenhouse in Zion National Park located

at #3 Greenhouse Way. Cost is \$30 and includes all pots, seed, and soil. Detailed directions to greenhouse provided with class registration. Preregistration required.

For more information or to register for the class, go to www.zionpark.org, call Michael Plyler @ 435 772 3264, or e-mail him @ plyler.zcfi@yahoo.com.

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