

FAO-SOP-3030 · VERSION 1.0

Field Manual: First Aid Burn Care Kit

Standard Operating Procedure for deployment of the **First Aid Only Burn Care Kit (SKU 3030)**. Applicable to personnel in home, commercial kitchen, and light industrial environments.

Mission

Immediate pre-hospital first aid for localized minor thermal burns (first- and second-degree)

Stop the Burn

Cool affected tissue, mitigate further damage, and provide initial pain relief

Bridge to Care

Point-of-injury stabilization until evaluation by a qualified medical professional

SECTION 1 — INTENDED USE

Scope Limitations: When NOT to Use This Kit

This kit is designed for **minor thermal burns only**. The following situations require immediate activation of Emergency Medical Services (EMS) and are outside the scope of this kit.

Severe Burns

Third-degree burns (charred, white, leathery, or numb skin), or burns covering **more than 10% of body surface area** in an adult.

Specialized Burns

Chemical, electrical, or radiation burns require specific protocols and **immediate advanced medical intervention**. This kit is for thermal burns only.

Airway Burns

Burns involving the face, neck, or signs of inhalation injury (soot in mouth/nose, hoarse voice) constitute a **critical medical emergency**. Evacuate immediately.

Definitive Care

This kit provides **temporary stabilization only**. It does not replace professional medical treatment. All burns require follow-up evaluation.

SECTION 2 — EQUIPMENT

Component Familiarization

All personnel must be familiar with the location, identity, and correct application of each item. Components are grouped by operational function.



PPE

- **(2) Nitrile Exam Gloves** — Don immediately upon initiating care. Creates a BSI (Body Substance Isolation) barrier protecting both responder and patient from cross-contamination.



Burn Dressings

- **8" x 18"** — Large coverage area
- **4" x 4"** — Medium, localized burns
- **2" x 6"** — Small, narrow burns

Sterile, water-based, gel-soaked dressings. Select one large enough to cover the entire burn **plus a 1" margin** of healthy skin. Do not stack dressings.



Conforming Gauze Roll (4")

Secures the burn dressing in place. Applied *after* the burn dressing. Wrap loosely — only tight enough to hold the dressing. Must not constrict blood flow.



Shears (7.25")

Used to cut and remove clothing from around the burn site. Cut **around** any material melted or adhered to skin — **never pull fabric away** from a burn.

SECTION 3 — DEPLOYMENT

Standard Operating Procedure

Scenario: An operator sustains a contact burn to their forearm from a hot piece of metal. The individual is conscious and in severe pain, with blistering and redness apparent on the skin.



Step 1

Scene Safety & Initial Assessment



Step 2

Injury Exposure & Evaluation



Step 3

Burn Treatment Protocol



Step 4

Post-Treatment & Disposition

SECTION 3 — STEP-BY-STEP

Detailed Deployment Instructions

Step 1: Scene Safety & Assessment

1. Confirm the hazard is neutralized (power off, hot object removed). Verify the scene is safe.
2. Don Nitrile Exam Gloves immediately upon opening the kit.
3. Instruct the patient to a safe position. Verbally reassure them while preparing equipment.

Step 2: Injury Exposure & Evaluation

1. Use shears to carefully cut away clothing covering or near the burn. Do **not** remove clothing stuck to the wound — cut around it.
2. Assess burn severity. If the burn appears deep, charred, waxy white, circumferential, or meets any criteria in Section 1.3, **activate EMS immediately**. For redness, blistering, and pain, proceed.

Step 3: Burn Treatment Protocol

1. Select the appropriate dressing based on burn size, ensuring full coverage with a 1" margin of healthy skin.
2. Open sterile packaging. Apply gel-side down directly onto the burn with complete contact. Do not rub or apply pressure.
3. Wrap with conforming gauze starting **distal to the wound** and wrapping toward the torso. Snug but not tight — two fingers should easily slip under the wrap.

Step 4: Post-Treatment & Disposition

1. Keep the patient calm. Monitor for signs of shock: pale skin, rapid breathing, confusion. Elevate the burned limb if possible.
2. Arrange evaluation by a medical professional. All but the most trivial burns carry infection risk and require proper follow-up care.

Critical Warnings, Limits & Safety

⚠ Scope of Practice Warning: This kit is for basic first aid only. Attempting procedures beyond one's training and certification can cause further injury and creates liability risk.

Do NOT Apply Unapproved Substances

Never apply ice, butter, ointments, creams, sprays, or any other substance to a burn. These trap heat, increase tissue damage, and complicate medical treatment.

Do NOT Rupture Blisters

Intact blisters provide a sterile barrier. Rupturing them significantly increases the risk of infection. Cover with the burn dressing only.

Single-Use Components Only

All dressings, gauze, and gloves are single-use items. Discard properly after use and resupply the kit immediately. Do not return a partially used kit to service.

Chemical/Electrical Burn Hazard

Water-based gel dressings applied to certain chemical burns (e.g., dry lime, sodium metals) or active electrical burns **can worsen the injury**. This kit is for thermal burns only.

Hypothermia Risk

Applying gel dressings to a large percentage of body surface area can induce hypothermia, especially in children or elderly patients. For large-area burns, use dry sterile dressings and activate EMS immediately.

SECTION 5 — SUSTAINMENT

Readiness, Inspection & Resupply

The kit shall be visually inspected **monthly** and fully inventoried **after each use**.

Monthly Inspection Checklist

- **Location:** Confirm kit is in its designated, unobstructed location.
- **Container:** Check fabric case for integrity. Verify zipper is functional and handles are secure.
- **Seals & Expirations:** Check expiration dates on all sterile components. Replace any expired items immediately.
- **Component Integrity:** Ensure all sterile packaging is sealed, dry, and uncompromised.
- **Full Inventory:** Conduct a complete inventory against the component list. All items must be present.

Resupply & Storage Protocol

- After any item is used, the entire kit must be submitted for decontamination (if necessary) and full resupply.
- A complete, ready-for-service kit must be available at all times.
- **Do not return a partially used kit to service.**

Storage Requirements

- Store in a **climate-controlled, dry environment**.
- Avoid direct sunlight or vehicle storage where extreme temperatures can degrade gel dressings and other components over time.