

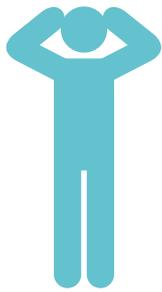
think

CO

CARBON MONOXIDE

Carbon Monoxide

Be aware of poisoning symptoms



Headaches



Nausea



Dizziness



Breathlessness



Collapse



Loss of consciousness

What to do if you suspect Carbon Monoxide is present:

- 1 Turn off gas
- 2 Turn off appliances
- 3 Open windows
- 4 Get everyone to exit the house
- 5 Call emergency services or the Gas Emergency Number 0800 111 999
- 6 If feeling unwell, seek medical attention

www.gassafecharity.org.uk

Gas Safe Charity is a registered charity in England
Charity number 1131987



Carbon Monoxide

Be aware of poisoning symptoms

Thanks for your interest in the Promoting Carbon Monoxide (CO) Awareness project. Below are key facts you should be aware of.

While at work or at home, please be aware of the signs and symptoms of CO poisoning. Being mindful could keep you, your family, and community out of harm's way.

What is Carbon Monoxide (CO)?

It's an odourless, invisible and highly toxic gas, often referred to as the silent killer.

Small amounts of CO can poison you. Annually, about 50 people die and thousands are injured from CO poisoning in the UK.

If you think your client is at risk:

1. Have a Gas Safe Registered engineer check the boiler and appliances.
2. If cost is an issue, talk with your supervisor to learn more about support.
3. If the risk continues after the engineer's visit, the gas is turned off, or the boiler condemned, talk with your supervisor. Your organisation should ensure there is a procedure to provide emergency heating/cooking and help to address any problems that may arise.

Where does CO come from?

CO can be produced from any gas appliance, including fires, cookers, barbecues, calor gas heaters, paraffin heaters, etc. Other fuel appliances, such as those using charcoal, peat, coal, wood (including wood burning stoves), as well as petrol, oil, or LPG can produce CO if working inefficiently or without proper ventilation.

Top Tips:

1. Listen to your clients.
2. Encourage your clients to get their gas appliances checked annually.
3. Always use a Gas Safe Registered engineer (find your nearest registered engineer at www.gassaferegister.co.uk).
4. Get an audible CO alarm fitted and make sure it meets the BS EN 50291 standard.
5. Think CO when you visit people.

Signs and Symptoms in People:

The six main signs and symptoms of CO poisoning:

- Headaches
- Breathlessness
- Dizziness
- Collapse
- Nausea
- Loss of consciousness

People often say constant exhaustion was the first symptom. Other signs that could point to CO poisoning are:

- Symptoms that only occur when at home.
- Symptoms that disappear or improve when people leave home and re-appear when they return.
- People in the same house experience similar symptoms around the same time.
- Pets can be affected and can even show symptoms around the same time as people.

Signs and Symptoms in the Home:

When making a house call, there are a number of signs you should be aware of. Look to see if:

- The flame on a cooker is lazy and is a yellow or orange colour (note: it should be blue).
- Soot, yellow, or brown staining on or around appliances.
- Pilot lights that frequently blow out.
- Too much condensation on windows and/or walls.
- Flues, chimneys, and vents that are blocked either on purpose or by accident (e.g. birds' nests).