

CARBON MONOXIDE

Understanding what it is:

carbon monoxide (CO) is an odourless, invisible and highly toxic gas, often referred to as the silent killer.

Small amounts of CO can poison you. Each year, approximately 30 people die and thousands are affected by CO poisoning in the UK.

CO can be produced by any carbon based appliance, including gas cookers, gas fires, wood burning stoves, gas BBQs, propane and butane bottled gas heaters, paraffin heaters etc.

Other fuel or cooking appliances, such as those using charcoal, peat, coal, wood, petrol, oil and LPG can produce CO if working inefficiently or without proper ventilation.

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Be aware of poisoning signs and symptoms:



HEADACHES



NAUSEA



DIZZINESS



BREATHLESSNESS



COLLAPSE



LOSS OF
CONSCIOUSNESS

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

- Symptoms that only happen when at home.

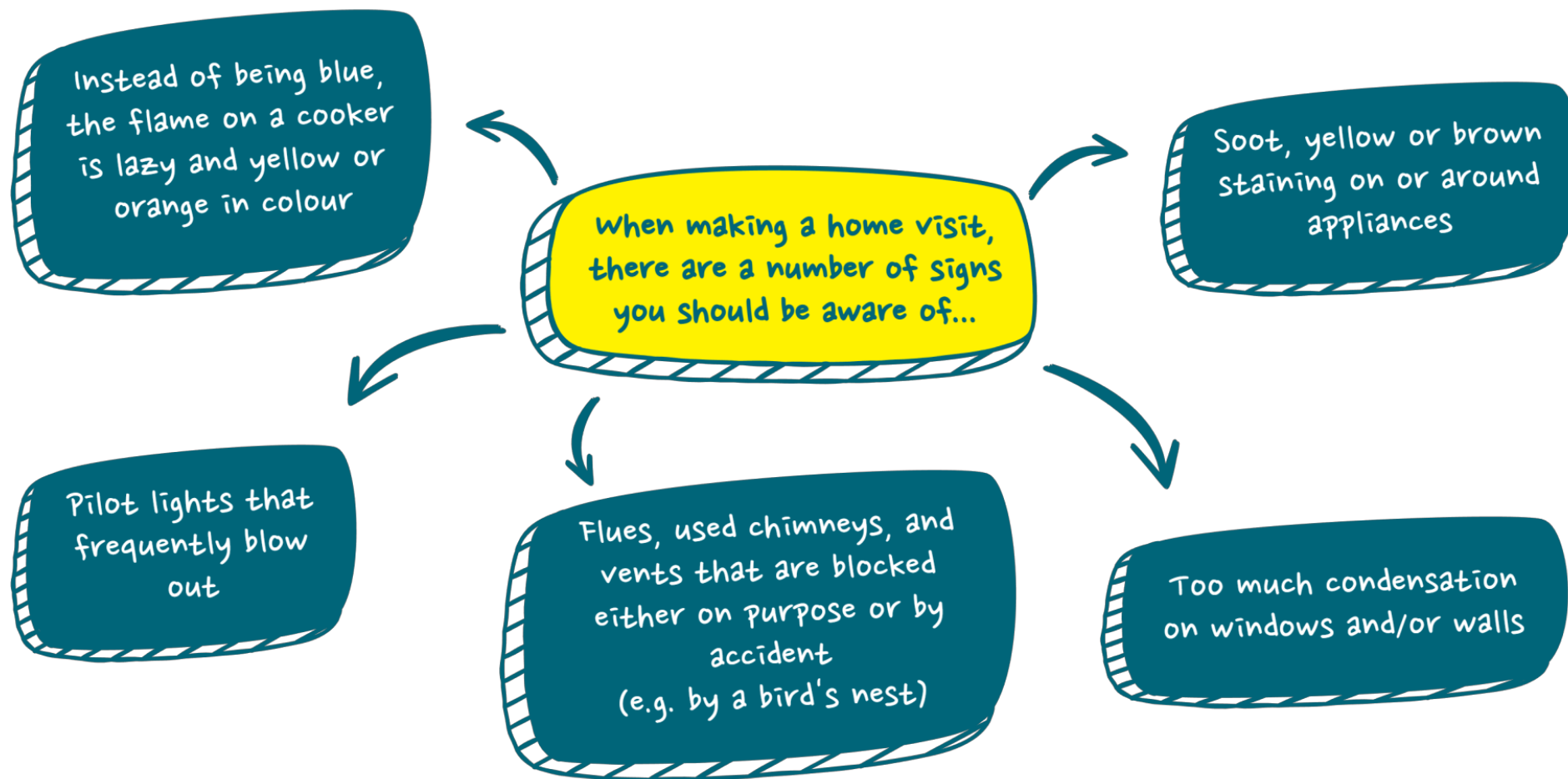
- Symptoms that disappear or improve when people leave home and reappear when they return.

- People in the same home experience similar symptoms around the same time.

- Pets show symptoms around the same time as people.

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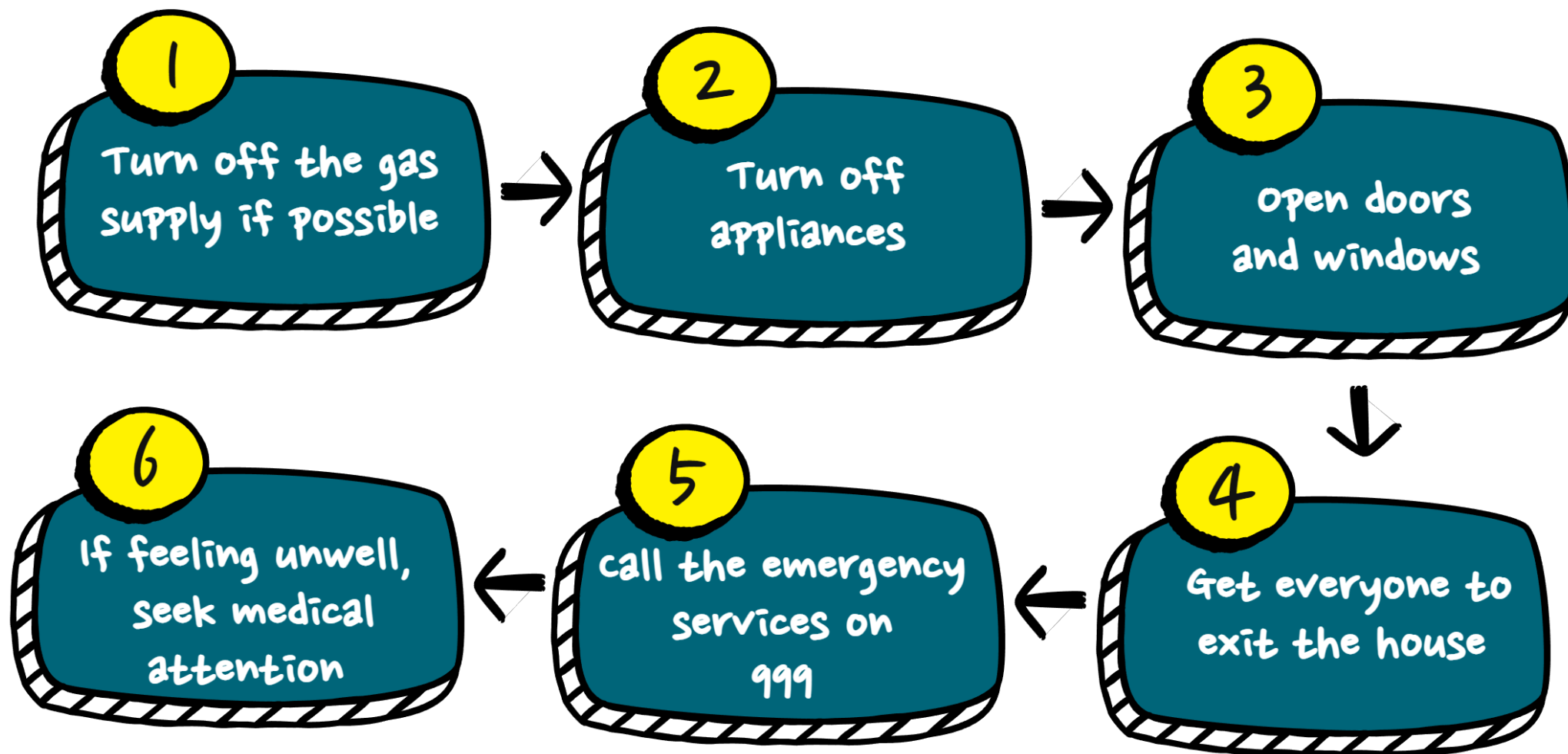
Signs in the home:



Thinking about CO could keep you and the person you're supporting safe!

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What to do if you think carbon monoxide might be present:



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What to do if you think your client may be at risk:

Have a Gas Safe Registered engineer look at any gas appliances and boiler.

Have an OFTEC registered engineer look at any oil fuel appliances.

Have a HETAS registered engineer look at any solid fuel appliance or used chimney.



If cost is an issue, talk to your supervisor to learn more about any support that may be available.



If the risk continues after the engineer's visit, the gas is turned off, or the boiler condemned, talk with your supervisor again. Your organisation should ensure there is a procedure to provide emergency heating/cooking and help to address any problems that may arise.



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Top tips:

1

Listen to what your clients are telling you

2

Encourage your clients to get their gas appliances checked annually

3

Always use a Gas Safe Registered engineer.
Find them at
www.gassaferegister.co.uk

4

Get an audible CO alarm fitted.
Make sure it meets the BS EN 50291 standard and has a BSI kitemark

5

Remember to 'Think CO' when you visit people

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More information:

To find out more about the Think CO project and our free workshops around the UK, please contact us on:

thinkco@gassafecharity.org.uk



www.gassafecharity.org.uk

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