



what is carbon monoxide?

Carbon monoxide (CO) is a colourless, odourless, tasteless, poisonous gas which can be emitted by faulty appliances powered by any fuel that burns.

how can I protect myself?

Once a year, service all appliances powered by any fuel that burns: gas, coal, oil, petrol, wood etc. Sweep chimneys and flues. Landlords are legally bound to arrange annual gas safety checks and suppliers offer free yearly gas checks to some vulnerable customers.

can't I just fit an alarm?

CO alarms are important but ARE NOT a substitute for servicing or annual safety checks. Audible CO alarms SHOULD comply with BS EN 50291 and carry a British/European approval mark eg 

- 24-hour national gas emergency number: 0800 111 999
- Gas emergency minicom: 0800 37 17 87
- Solid fuel advice number: 0845 6014 406
- Health & Safety CO advice line: 0800 300 363
- OFTEC oil-fired advice line: 0845 65 85 080
- Gas Safe Register information: 0800 408 5500

Chronic health problems?

Visit your GP or phone your NHS information service

- NHS Direct: 0845 46 47 (minicom: 0845 606 4647)

who can work on my appliances?

Services and checks must ALWAYS be carried out by registered installers. DO NOT USE an appliance unless you are certain it's been professionally installed.

signs of carbon monoxide

Look out for gas appliances burning with a yellow/orange flame that's normally blue, extra condensation, pilot lights blowing out, sooting and/or yellow stains round appliances.

symptoms of carbon monoxide

- 'flu-like' symptoms
- breathlessness
- chest or stomach pains
- feeling tired or drowsy
- erratic behaviour
- giddiness/headaches
- nausea and/or vomiting
- visual problems

Suspect CO poisoning? Turn appliances off.

Open doors and windows.

Get everyone outside into fresh air immediately.

**In a medical emergency,
don't delay: phone 999**