

NATIONAL GRID GAS DISTRIBUTION

nationalgrid

Stay safe in three steps

Protecting
yourself
from Carbon
Monoxide



Suspect carbon monoxide poisoning?

Call our National Gas Emergency Service
immediately on **0800 111 999**

www.nationalgrid.com/co

3 steps to staying safe



1 - Identify the danger

Know the signs & symptoms to look out for



2 - Test your appliances

Have your appliances serviced by a Gas Safe registered engineer every year



3 - Install a CO alarm

Fit an audible alarm in your home

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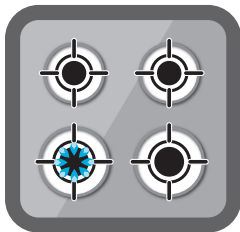


What is carbon monoxide (CO)?

Carbon Monoxide (CO) is a colourless, odourless and tasteless gas, so it's difficult to detect. It's produced when fuels including gas, oil, coal or wood don't burn properly due to:

- an incorrectly fitted gas appliance
- a poorly maintained gas appliance
- a blocked flue, chimney or vent
- a disposable or gas BBQ that's not properly extinguished.

Gas appliances which can cause CO include:



gas cookers



gas fires



free-standing gas heaters



boilers and water heaters



Is carbon monoxide poisonous?

Yes. Breathing in even small amounts of carbon monoxide can seriously damage your health, as it stops blood from carrying oxygen to your body's cells, tissues and organs. While deaths from CO poisoning are rare, about 4,000 people are diagnosed with carbon monoxide poisoning each year, so it's important to protect you and your home.





What are the symptoms of CO poisoning?

It's worth remembering some symptoms of CO poisoning are similar to viral infections or tiredness, so try not to panic. However, call your doctor if you experience the following:



headaches



nausea



breathlessness



dizziness



collapse



loss of consciousness

If your symptoms lessen or disappear when you're out of the house, it might be carbon monoxide poisoning. See your doctor if you have any health concerns, or dial 999 in an emergency.

If you suspect carbon monoxide poisoning call immediately on 0800 111 999 (freephone)





What are the signs to look for?

If you spot any of the signs below, it doesn't definitely mean that there is a release of CO, but it's better to be safe than sorry.

Things to look out for:



Gas flame appears 'floppy' and burns orange or yellow rather than mostly blue.



Pilot light frequently blows out.



There is soot or yellow-brown staining on or around an appliance.



You see or smell smoke or have excessive condensation in the room where you have a gas appliance.

If you're concerned about any of the above,
call the National Gas Emergency Service on 0800 111 999.





Protecting your home

There are two simple things you can do to safeguard yourself and your loved ones from CO poisoning:

1 . Get your gas appliances serviced every year

Think about what gas appliances you have, and get them checked by a qualified Gas Safe Register engineer once a year and make a note of the date. Keep this leaflet handy.

2. Fit an audible carbon monoxide alarm

You can buy one relatively cheaply from most local DIY stores and supermarkets.



For information on gas safe registered engineers in your area please visit:
www.gassaferegister.co.uk or call

0800 408 5500





Keep this booklet handy

You can call our National Gas Emergency Service on **0800 111 999** if you smell gas or spot the signs of carbon monoxide.

Suspect CO?

Don't delay, call our National Gas Emergency Service on 0800 111 999, or for details of engineers on the on Gas Safe Register in your area, visit www.gassaferegister.co.uk or call **0800 408 5500**.

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