

Carbon Monoxide (CO) Safety



What is carbon monoxide (CO)?



Carbon monoxide is a gas that is very dangerous and can harm you.



You cannot see, taste, smell or touch carbon monoxide.



The symptoms of carbon monoxide poisoning are:

- Headaches and tiredness



- Feeling or being sick



- Collapsing or passing out

think

CO
CARBON MONOXIDE

Think CO is a Programme run by the Gas Safe Charity

www.gassafecharity.org.uk

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Many thanks to East Kent Mencap for their help producing this leaflet.

www.eastkentmencap.co.uk

How to stay safe from carbon monoxide



Get your gas appliances (boiler, fire, cooker) checked every year.

Always use a Gas Safe engineer to check them. If you rent where you live, your landlord must check the appliances every year.



Have a carbon monoxide alarm and test it regularly. Landlords must provide an alarm.



Do not block air vents. Keep them clear.



Get help if you think there is carbon monoxide in your home or if your alarm sounds.

Turn your gas appliances off if you can.



If you are worried that there is carbon monoxide in your home or you have symptoms, contact the National Gas Emergency Service on

0800 111 999 if you live in England, Scotland and Wales or

0800 002 001 if you live in Northern Ireland.



Sign up to the free Priority Services Register. You could get extra help www.psr.org.uk