It is the most common form of poisoning in the UK.

It claims over 50 lives in England and Wales every year.

It is responsible for over 200 serious injuries (Hospital Admissions) in England and Wales every year.

It is odourless, tasteless and cannot be detected without the aid of a specialist detector.

Read through this unique guide to find out how to prevent yourself from becoming another statistic...
As part of our ongoing mission to reduce the number of needless fatalities and injuries caused by fire and other similar causes, we’ve created this free guide to help you stay safe.

Please don’t treat this lightly - lives could depend on you.

Commonly referred to as CO, carbon monoxide now holds the unenviable title as the #1 poison in the UK. It’s impossible to detect without a specialist device and is both odourless and tasteless, meaning that even now you could be suffering the ill effects of CO poisoning without knowing it.

Prolonged exposure can even lead to neurological injuries (brain damage) including difficulties in concentrating and emotional liability. It’s a major health risk that shouldn’t be treated lightly - check out the information on the following pages to ensure that you are protected from this hazard at home and at work.

**Common Symptoms**

| Exposure to high levels of Carbon Monoxide leads to collapse and death within minutes. |
| Carbon Monoxide poisoning is not easy to diagnose, and the onset of symptoms is often insidious. |

The most common symptoms and their approximate frequency in CO poisoning are shown below:

<table>
<thead>
<tr>
<th>Common Symptoms</th>
<th>Approximate Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>90%</td>
</tr>
<tr>
<td>Nausea and Vomiting</td>
<td>50%</td>
</tr>
<tr>
<td>Vertigo</td>
<td>50%</td>
</tr>
<tr>
<td>Alteration in Consciousness</td>
<td>30%</td>
</tr>
<tr>
<td>Subjective Weakness</td>
<td>20%</td>
</tr>
</tbody>
</table>

**Further clues to the Diagnosis**

The following points are suggestive of domestic carbon monoxide poisoning:

- More than one person in the house affected.
- Symptoms disappear when away from the home (e.g. on holiday / at work) but recur when returning home.
- Symptoms related to cooking (e.g. Stove in use etc).
- Symptoms only occur or are worse in winter: heating in use.

During the winter months the risk of carbon monoxide poisoning is much higher due to the heightened use of the central heating, solid fuel fires and wood-burning stoves.

If you feel you may be suffering from any of these symptoms don’t delay! Contact your GP immediately and install automatic detection to ensure that you and everyone around you is protected from the silent killer.
As explained above, CO is produced when fossil fuels or wood burns without enough oxygen. Barbeques have been linked to several campsite deaths in recent years. The gas can build up quickly to potentially fatal levels in enclosed spaces such as tents or caravans.

You should never light, use or leave smouldering barbeques inside tents, awnings or other enclosed spaces because of the risks.

When you have finished with the barbecue, ensure the ashes are fully extinguished and dispose of it carefully to prevent a fire risk.

### Common Sources & Causes of CO

#### Causes
Domestic CO poisoning is often rooted in incomplete combustion of all carbon-containing fuels, including:

- Gas (Domestic / Bottled)
- Coal / Coke
- Biofuel
- Wood

#### Sources
Common sources of the gas include stoves, fires and boiler, water heaters, paraffin heaters and room heaters.

Inadequate installation or maintenance of any fossil fuel or wood-burning appliances can lead to:

- The poor combustion of fuel, which results in a heightened level of CO emissions.
- Inadequate removal of waste products due to blocked or partially blocked flues and chimneys, and insufficient ventilation.

These are the two highest causes of CO poisoning and can happen in any type of property. Those in shared properties are doubly at risk as fumes can seep through from shared chimney, flues and even cavity walls in the case of poor workmanship.

#### Garages
If you have an integral garage / car port care must be taken that there is adequate ventilation while the engine is running as exhaust fumes can swiftly accumulate.

#### Caravans, Boats and Mobile Homes
All of these sources pose a substantial risk due to the higher level of portable appliances and equipment that emit CO gas. In addition to this, the use of portable electric generators and the proximity to exhaust fumes creates another source of risk.
What you should do now…

*Installation and Maintenance - Advice from the HPA*

It is important to have all cooking and heating appliances which use fossil fuels (and wood) installed and serviced regularly by a suitably qualified, reputable and registered engineer. Rooms in which these appliances are used must be adequately ventilated. Chimneys and flues should be kept clear and swept from top to bottom at least once a year by a qualified sweep.

Visit the HPA Website for more details

*Detection and Protection*

You never know when carbon monoxide may strike - for all you know you could be breathing it in as you read this guide.

We strongly advise you purchase a high quality carbon monoxide detector today to protect yourself and those around you. Standalone battery powered detectors are small, compact and require the bare minimum of maintenance to keep you safe and protected.

CO Detectors should be installed in ANY room that has a fuel burning appliance and for optimum protection should be considered in bedrooms, high occupancy living areas and rooms with a flue in a void passing through them.

Make the investment today to protect yourself from the silent killer!

**A££ordable Carbon Monoxide Detectors**

Protect yourself today for only £24.99 Including P&P!

These superb quality detectors come as a maintenance free sealed unit. It means that you don’t have to do anything to it over it’s seven year lifetime, and when it needs to be replaced will show a “end of life” indicator to remind you that it’s due for replacement.

This means that over it’s seven year lifetime it costs less than £3.60 per year, or around £0.0098 per day!

**MORE INFORMATION**

Phone us now on 01234 357357 or drop us an email at sales@blazequel.com to order yours today!