

How to save yourself from Carbon Monoxide poisoning

The appliances in your home have been tested

10 Simple Checks:

- 1. Check the colour of the flames from your appliances,** if it's orange you have a problem. Even blue flames are not necessarily safe. Get it checked out. Buy a CO detector.
- 2. Check the flue, is it blocked?** Do you have plants creeping up the outside wall? Birds nesting in your chimney? Get your flue checked.
- 3. Do you have a horizontal gas grill?** They can be particularly dangerous. If you are unsure, use the toaster instead.
- 4. Is there adequate ventilation?** Never block vents, if you recently had double glazing fitted, were any vents in the windows not replaced?
- 5. When were your appliances last checked?** Do it every year, do not leave it to chance. Always, always have the boiler serviced too. Get a CO detector for ongoing protection.
- 6. Do you suffer from unexplained illnesses?** Fatigue, muscle pains, lethargy, upset stomach, dizziness and headaches are all classic signs of poisoning. Go to your Doctor immediately.
- 7. Are you a tenant?** Do you have a safety certificate? Does your landlord annually arrange for your appliances to be checked?

Are you a landlord? Ensure all the proper checks have been done. Always have the boiler serviced. Never take a chance just to save yourself some money. If you are found guilty of neglect you may be sent to prison.

- 8. We all feel better on holiday.** You may feel better because you have been removed from the source of poison. If you feel poorly when you get home it may not be holiday blues, get checked out.
- 9. The most important thing** that you can do to protect yourself from the dangers of Carbon Monoxide poisoning is to get a CO Detector.

Tell a friend or relative about the dangers, spread the word.

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