

# 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. Always make sure they comply with British Standard Kitemark BS EN50291-1 (for home use) or BS EN50291-2 (caravans, camping and boats).

For information on Gas Safe registered engineers in your area please visit [www.gassaferegister.co.uk](http://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?**

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**If you wish to contact  
our Customer Support  
Team in writing**

Brick Kiln Street  
Hinckley  
Leicestershire LE10 0NA

Email  
[wecare@cadentgas.com](mailto:wecare@cadentgas.com)



# Carbon monoxide Stay safe in 3 steps



3

# What is Carbon monoxide?

Carbon monoxide (CO) is a poisonous, 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:

- **Free-standing gas heaters**
- **Gas cookers**
- **Gas fires**
- **Boilers and water heaters.**

## Suspect carbon monoxide poisoning?

Call our National Gas Emergency Service immediately on  
**0800 111 999**  
[www.cadentgas.com](http://www.cadentgas.com)

## Stay safe in 3 steps:

# 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.

# 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:

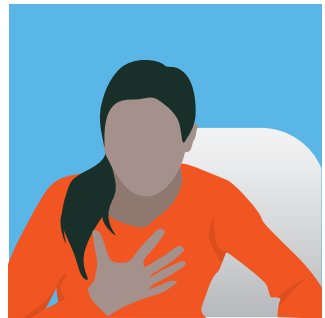
If your symptoms lessen or disappear when you're out of the house, it might be carbon monoxide poisoning. See your doctor if you have any health concerns, or **dial 999** in an emergency.



Headaches



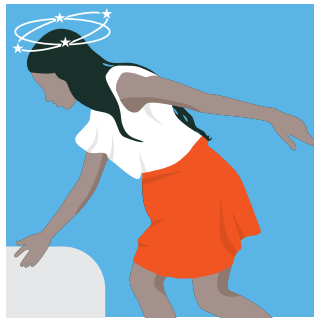
Nausea



Breathlessness



Collapse



Dizziness



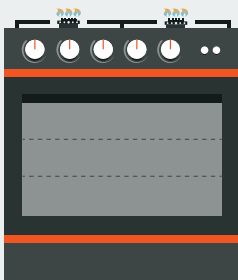
Loss of consciousness

# 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:

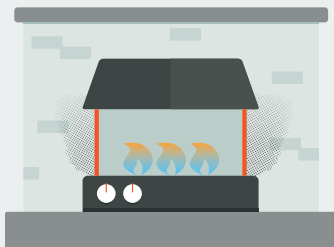
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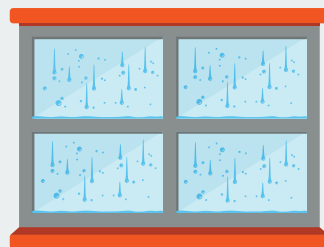
Gas flame appears 'floppy' and burns orange or yellow rather than mostly blue.



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.

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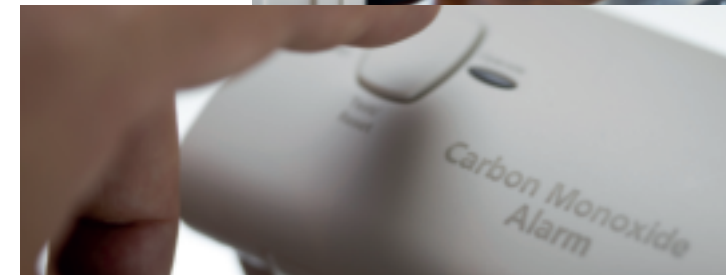
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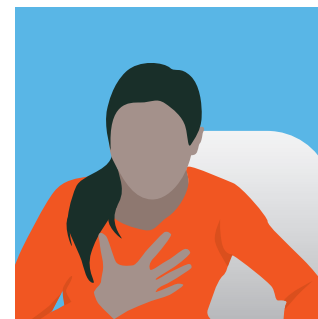
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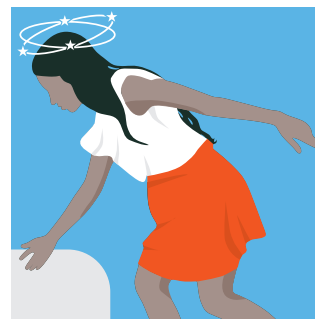
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Collapse



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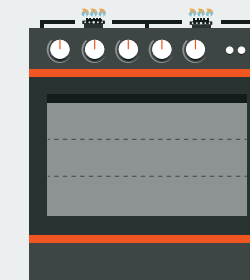
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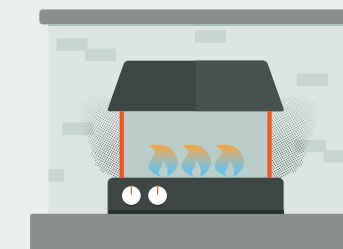
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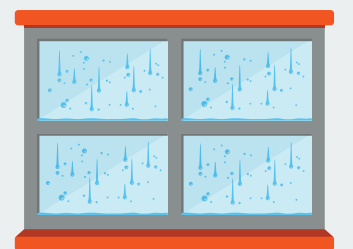
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