

People Select Committee

Carbon Monoxide Awareness

Carbon Monoxide Awareness

According to HETAS (Heating Equipment Testing & Approvals Scheme):

“Carbon monoxide (CO) is a toxic gas produced by poor combustion. Faulty combustion appliances including gas, oil, & solid fuel can emit CO, usually accompanied by smoke in a solid fuel appliance. In some conditions this can be tasteless & odourless.”

The NHS website (www.nhs.uk) states that ‘every year there are around 60 deaths from accidental carbon monoxide poisoning in England and Wales.’

Carbon Monoxide Poisoning

Symptoms

Symptoms of Carbon Monoxide poisoning can include:

- Nausea and vomiting
- Dizziness
- Headaches
- Chest pains
- Tiredness and confusion
- Stomach pains
- Shortness of breath/difficulty breathing

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How to act

The Health and Safety Executive (HSE) advises that a person take the following actions if they suspect an appliance is leaking carbon monoxide:

- Call the National Gas Emergency Service on 0800 111 999
- Switch off the appliance and shut off the gas supply at the meter control valve
- Open all doors and windows to ventilate the room
- Visit your GP and tell him/her that you believe you may have been exposed to carbon monoxide

HETAS Carbon Monoxide Videos

[Carbon Monoxide - Video 1 – HETAS](#)

[Carbon Monoxide - Video 2 – HETAS](#)

[Carbon Monoxide – Video 3 – HETAS](#)

Carbon Monoxide Awareness

- HETAS has also produced a consumer advice leaflet entitled 'Protect Yourself from Carbon Monoxide', which is available to download and print from: [COconsumer220118DIGITAL.pdf \(hetas.co.uk\)](https://www.hetas.co.uk/COconsumer220118DIGITAL.pdf)
- Further information on causes, symptoms, and treating carbon monoxide poisoning can be found on the NHS website: [Carbon monoxide poisoning - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/carbon-monoxide-poisoning/)
- The Gas Safety Register run an annual Gas Safety Week: [About Gas Safety Week - Gas Safety Week \(gassaferegister.co.uk\)](https://www.gassaferegister.co.uk/about-gas-safety-week/)
- Carbon Monoxide Awareness Week also takes place annually in November