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CARBON MONOXIDE
POISONING

*Prevention
and
recommendations*

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CARBON MONOXIDE AND OTHER GASES

Carbon monoxide is a colourless and odourless poisonous gas which, if inhaled, can lead to serious effects, even death. The first signs of poisoning are headache, nausea, sickness (vomiting), tiredness and confusion.

WHERE IS CO FOUND?

CO is found in combustion fumes produced by burning charcoal, stoves, cookers, heaters, boilers, open chimneys and in motor vehicle exhaust gases.

CO is produced by these sources in particular when there is not enough air to guarantee suitable combustion and it is hazardous if concentrated in an enclosed environment such as a room, garage or basement.



WHAT NOT TO DO

- Never use braziers, burning charcoal stoves, barbecue grills, water heaters or gas stoves without a hood connected to the external environment, indoors.
- Never use a burning charcoal stove or gas stove to heat the house.
- Never use generators or any other gas appliances, including spit cookers in basements, garages or other enclosed spaces.
- Never leave the car engine running in an entirely or partly enclosed space such as a garage.



WHAT TO DO

- Have your boiler, stove, bathroom heater checked periodically, at least once a year, and ensure that your chimney flues are cleaned. Ensure that inspection and maintenance are carried out by qualified personnel.
- In case of symptoms of CO poisoning or if you suffer headache, nausea, sickness (vomit) or you feel weak and confused call 118 immediately.

