Shouting About
Carbon Monoxide Alarms

projectshout.com

Making sure this
silent killer is heard.

Project SHOUT is a National campaign to raise awareness of the dangers of carbon monoxide.

For more information on the dangers of CO and advice on how to keep yourself and your loved ones safe visit the campaign website:

www.projectshout.com

Stacey Rodgers' Story

"The paramedics ran up the stairs but they were back down again within seconds. I just looked at them and said...

...I know"

Stacey Rodgers lost her son Dominic to CO poisoning

On a night like many others, Stacey kissed her 10 year old son Dominic goodnight, told him she loved him and went to bed. The next morning when she went into his bedroom, she found him face down, and frozen. Shaking him, Stacey saw Dominic was covered in sick and panicked. She called an ambulance and after what felt like ages, they arrived.

After rushing upstairs, the paramedics started opening the windows and doors at the property, telling Stacey to evacuate the house. Not knowing why, Stacey was still convinced her son had frozen to death.

"I had never heard of CO, let alone bought a CO alarm"

Following an investigation it was announced that carbon monoxide had seeped through the brick work from a neighbouring property whilst they slept, and that Dominic would have been overcome with the poisonous gas within 5 minutes. Upon hearing this Stacey had to ask what CO poisoning was, as she had never heard of it, let alone purchased a CO alarm to alert to her of the danger it posed.

Stacey has since set up the Dominic Rodgers Trust to help raise awareness of carbon monoxide poisoning and believes 'Project Shout is a brilliant endeavour'.
To watch Stacey's story visit:
projectshout.com/stories

Louise Aspinall's Story

"The haunting thing about carbon monoxide poisoning is that it is so preventable"

Louise Aspinall and her family were saved from CO poisoning

Louise had a CO alarm placed near her recently installed boiler and honestly thought something was wrong with the alarm when it activated one day. She rang the gas man, who agreed there was probably nothing wrong with the boiler but advised her to open the windows and doors just incase, and explained how to turn the boiler off. The original boiler fitter returned and said that high levels of carbon monoxide were entering the property through the pipes.

Further investigation discovered that 7000ppm of CO had been emitted from their boiler that day. The CO alarm trigger point is just 300ppm, making it clear how differently this story could have turned out if Louise had not had a CO alarm in her house.

A CO alarm is one of the only ways to protect yourself and your loved ones from this poisonous gas, as Louise's story illustrates even new appliances, or recently serviced ones can be dangerous. To hear more from Louise, visit: projectshout.com/stories

"This little piece of machinery has potentially saved four lives"

How Can CO Affect You?

Carbon monoxide can kill in minutes; it deprives the body of oxygen, resulting in critically low levels. Oxygen starvation initially leads to flu-like symptoms but can become deadly within minutes, as well as causing long-term organ damage and disease.

Mild Exposure:
Slight headache
Nausea
Vomiting
Fatigue
(often described as 'flu-like' symptoms)

Medium Exposure:
Severe throbbing headache
Drowsiness
Confusion
Fast heart rate

Extreme Exposure:
Unconsciousness
Convulsions
Cardiorespiratory failure
Death

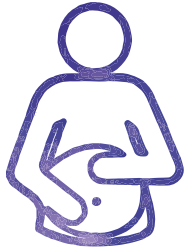
"I would pay
a million pounds to
see my son again"

Stacey Rodgers

Who is Most at Risk?

Carbon monoxide is extremely dangerous to everyone. However, certain groups are more vulnerable than others are.

Those suffering from heart or respiratory problems, are more vulnerable to this poisonous gas than healthy adults.



Pregnant women should also be aware that foetal blood cells take up carbon monoxide more readily than adult blood cells do, making unborn babies more susceptible to harm from CO poisoning.

Young children take breaths more frequently than adults do, so could be more at risk than other groups.

Older people who experience carbon monoxide poisoning may be more likely to develop brain damage.

Should you suspect CO may be affecting you or your family, open the doors and windows of your property to ventilate, turn off your appliances and evactuate the premises.

CO Safety Tips

Carbon monoxide gas is a silent killer; who won't think twice before taking the lives of those you love. Every year in the UK, over 200 people go to hospital with suspected carbon monoxide poisoning, which leads to around 50 deaths. It is a highly poisonous gas that has no colour, taste or smell. It is invisible to the human senses.

The only certified way to detect CO is with an audible carbon monoxide alarm. However there are additional steps you can take to ensure you're as safe as possible when it comes to this gas.

Fuel-burning appliances should regularly be checked by registered engineers and faulty appliances should be replaced. Ideally, CO alarms should be installed in every room containing a fuel-burning appliance and in each bedroom. CO alarms should also be installed in any room through which a flue passes, even if the flue is fully enclosed or concealed.

Caravans and boats may have additional risks of carbon monoxide admission through air vents, due to the nearby presence of other vehicles, engines and generators. Because of this, caravans and boats should be fitted with an alarm in the same room as any combustion appliance. Camping is also a potential risk due to camp fires and barbecues.

Most battery powered CO alarms are portable which makes them ideal for taking on holiday. In hotels, guests are often unaware that they are sleeping next to boiler rooms or above a room with a fireplace; if you're camping, CO can enter your tent from a smouldering BBQ outside; plan to take a CO alarm to any future holiday destinations to ensure you are safe.

"Our boiler was new, top of the range and very efficient. I didn't think there was the possibility of it going wrong"

Louise Aspinall

The best way to teach children about CO safety is by example. Let your children see you being sensible and careful about having appliances regularly checked, make them aware of the dangers of carbon monoxide and its affects.

Those who are older and living independently, should be aware of the dangers of carbon monoxide and familiarise themselves with the symptoms of CO poisoning and the actions to take in the event of a CO leak.

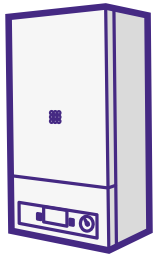
Too many people die or become seriously ill because of carbon monoxide poisoning each year. Worryingly, less than a third of people have a CO alarm, putting more than 16.4 million households at risk. It is a natural product of incomplete combustion of fossil fuels and can be produced by appliances that use gas, wood, oil, coal or other solid fuel. Carbon monoxide is potentially fatal and even low-levels of the poison can cause lasting damage to your health.

Here are five steps to improve your safety:

1. Fit an audible alarm
2. Have your appliances checked regularly
3. Don't block ventilation
4. Know the signs around your appliances
5. Learn to recognise the symptoms

Common Sources of CO

Carbon monoxide is produced when a fuel is not burnt properly.
The most common sources are faulty boilers, gas fires and cookers.



Boilers

Look out for gas flames burning orange or yellow instead of blue.

Fires

Fires becoming difficult to light could be an indication that fuel is not burning correctly.

Cookers

Watch out for sooty stains on or above appliances which burn fuel.

Additional Sources of CO

Variables relating to your fuel-burning appliances can change at any point, for example the flue or chimney could suddenly become blocked or damaged, appliances may stop running correctly or circumstances in neighbouring properties may change resulting in the presence of carbon monoxide.
Keep an eye on the following sources of CO:

Oil and gas boilers

Portable generators

Oil or solid fuel cookers

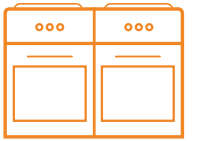
Gas or paraffin heaters

Barbecues

Clogged chimneys

Wood or gas fireplaces

Cigarette smoke



Any fossil fuel-burning appliance

Why Was Project SHOUT Created?

"I'm proud to be part of Project SHOUT"

Robert Lyon, Campaign Director behind Project SHOUT

We started Project SHOUT after hearing Stacey's story and realising that so much more needs to be done to make people aware of both the life threatening dangers of CO but also the low cost solution that could save their lives.

The scary thing is that a lot of people still don't know about the dangers of carbon monoxide. Those that do often don't realise that even if you regularly service your appliances, keep chimney's swept, and do all that you can in your own home to prevent CO presence, it can still occur from adjoining properties. The only sure fire way to protect yourself from this deadly gas is with a carbon monoxide alarm, and the fact that they are so easily accessible and affordable, leaves no excuse for not taking action to protect your family today.

I hope that Project SHOUT raises awareness and makes people see how easy it is to protect themselves.

The Importance of CO Alarms

4000
people go to A&E with suspected CO poisoning each year

200
people are hospitalised each year

50
estimated deaths in England and Wales due to CO poisoning each year

Carbon monoxide gas is a silent killer. The highly poisonous gas has no colour, taste or smell. It is invisible to the human senses. The only certified way to detect CO is with an audible carbon monoxide alarm.

Each year many lives are saved because of carbon monoxide alarms, alerting people to the invisible danger when the levels are still relatively low and escape is possible.

Next to prevention of the production of toxic CO gas, the best defence against this deadly killer is a CO alarm. These devices can detect toxic concentration of CO in the air, sound an alarm, and in doing so save lives.

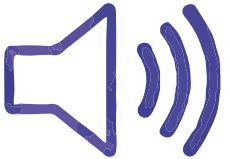
Best Practice CO Alarm Buying Guide

A CO detector sounds an alarm if it detects an elevated level of CO in the house. Different brands of detectors are designed with a variety of options and features. Some detectors sound an alarm at persistent, low levels of CO while others will sound an alarm at life-threatening levels only.

There are many different carbon monoxide alarms available, at reasonable prices with varying features, and it can sometimes be confusing to know what you are looking for. We have put together a 'best practice' guide to help you make the right choice when selecting your CO alarm.

Certification

Before purchasing a CO alarm, you should always ensure it complies with British Standard EN 50291 and carries a British or European approval mark, such as a Kitemark. CO alarms should be installed, checked and serviced in line with the manufacturer's instructions.

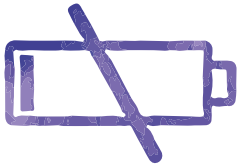


Audible Alarm

It is crucial that you have an audible alarm (rather than just a 'colour change' or 'back spot' indicator tool), which will sound an alarm when it detects CO. This is because you can be most at risk from CO poisoning when you are asleep, and you may not be aware of early CO symptoms until it is too late. Having an audible CO alarm could wake you and save your life.

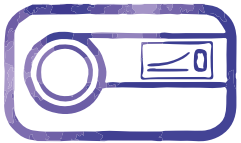
Power Source

Hard-wired, mains powered CO alarms are available, but require professional installation by an electrician to connect them to your home's wiring. Battery powered alarms are available with either replaceable or sealed for life batteries. The benefit of sealed for life batteries means you can simply fit and forget the CO alarm, and trust that it's powered for its entire product life (usually 7 or 10 years).



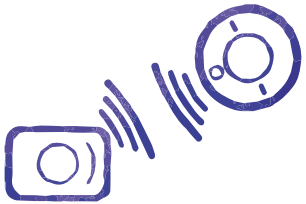
Low-battery Warning

All battery powered CO units warn you when the battery is low. Some provide warning chirps or a visual display so you know when to replace the batteries, or if it is a sealed for life product, to replace the alarm.



Digital CO Display

This important feature shows CO concentrations in parts per million on an easily readable screen display, even if the concentrations are below the level that triggers the alarm. The display can give you an early heads up if the CO level is creeping up or is higher than usual. Expect to pay a little extra for this feature.



Wi-Safe 2 Wireless Interlink Technology

Wi-Safe 2 technology provides wireless communication across a broad range of products that display the Wi-Safe 2 logo, intelligently linking them to give a faster response to the dangers of smoke and carbon monoxide. You can link smoke and CO alarms so that all activate when any alarm is triggered. If CO rises to an unsafe level, the alarms will alert people throughout the house wirelessly.

"I can't bear to think about what would have happened if we didn't have the alarm"

Louise Aspinall

Where to Place Your CO Alarm

CO alarms should be placed in the same room as fuel-burning appliances (either wall or ceiling mounted), between 1 m and 3 m from the potential source of carbon monoxide. Additional alarms can be located in bedrooms, relatively close to the breathing zone of the occupants.

- **Kitchen**
- **Living Room**
- **Boiler Room**

Please refer to the manufacturers user manual for full positioning details.

What to do in the Event of a CO Alarm Sounding

A loud alarm is a warning that unusually high and potentially lethal levels of carbon monoxide are present. Never ignore this alarm, further exposure can be fatal.

1. Open doors and windows.
2. Stop using all fuel-burning appliances and, if possible, turn them off.
3. Evacuate the property leaving the doors and windows open.
4. In an emergency call National Gas Service on: **0800 111 999** Alternatively contact your gas or other fuel supplier on their emergency number.
5. Do not re-enter the property until the alarm has stopped.
6. Get medical help immediately for anyone suffering the effects of carbon monoxide poisoning.
7. Don't use the appliance again until it has been checked by an expert.

Get Informed

To watch the Project SHOUT TV advert and to hear Louise and Stacey's stories in full, visit the Project SHOUT website, with exclusive behind the scenes footage. Simply visit: www.projectshout.com/stories

Visit the campaign website to watch our informative videos with everything you need to know about carbon monoxide. Simply visit: www.projectshout.com/aboutcoalarms

Get Involved

We've created a useful poster and informative factsheets for you to download to help shout about the dangers of CO. Simply visit: www.projectshout.com/resources

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Visit our social media sites and show your support by following, liking and subscribing to our channel!

"Hopefully people will learn about carbon monoxide and go out and buy an alarm"

Stacey Rodgers

Useful Contacts

In an Emergency

If you smell gas or detect a gas leak call
National Gas Emergency service on: **0800 111 999**

Gas

Health and Safety Executive for Great Britain (HSE):
Contact: 0800 300 363 / www.hse.gov.uk

Health and Safety Executive for Northern Ireland(HSENI):
Contact: 0800 0320 121 / www.hseni.gov.uk

The Health and Safety at Work Inspectorate for the Isle of Man (HSWI):
Contact: www.gov.im

Health and Safety Executive for Guernsey:
Contact: www.hse.guernsey.gg

Oil and Biofuel

Oil Firing Technical Association (OFTEC):
Contact: 0845 65 85 080 (helpline) / www.oftec.org

Solid Fuel Association

Solid Fuel Association Advice Line:
Contact: 01773 835400

Heating Equipment Testing and Approval Scheme (HETAS):
Contact: 01684 278170 / www.hetas.co.uk

Project SHOUT:

For more information on Project SHOUT
or to share your story call: 0800 9179 931

projectshout.com

DOMINIC RODGERS TRUST

Project SHOUT proudly supports the Dominic Rodgers Trust
Founded in memory of Dominic Rodgers