

## Carbon Monoxide Safety during the holiday season

As we come out of lockdown this year families are making the most of the great outdoors. Caravan and camping parks are starting to fill up and the barbeques are out at every opportunity.

Whilst enjoying sharing time with friends and family around the campfire and barbeque we wish to encourage holiday makers to think about carbon monoxide safety.

Carbon monoxide is released from the burning of carbon-based fossil fuels including coal, gas, oil, petrol, paraffin, charcoal and wood.

Carbon monoxide poisoning causes around 50 deaths each year in the UK as well as a number of hospital admissions. It is known as the 'silent killer' – you can't see it, taste it or smell it.

**Be Carbon Monoxide Aware  
this summer!**



- CO poisoning can be fatal and affect anyone, including healthy adults. However, children, older people, pregnant women and anyone with heart or breathing problems are more vulnerable to its effects.
- Barbecues should never be used or left inside tents or awnings or garages once they have been lit or after they have been used – Carbon Monoxide levels can rapidly rise within enclosed spaces.
- Barbeques should always be disposed of safely, ensuring all fire and ashes are completely extinguished.
- Anyone who suspects they are suffering from carbon monoxide poisoning while camping should immediately go outside into the fresh air and seek urgent medical attention.
- The six signs of carbon monoxide poisoning – **headaches, dizziness, breathlessness, nausea, collapse and loss of consciousness.**