

# Sleeping in a room with a Gas Appliance, Coal or Log Fire

**Carbon monoxide is a poisonous gas that is produced by unsafe appliances. You are unable to see or smell the gas, but it can nevertheless cause serious injuries and even death.**

There is a risk of carbon monoxide poisoning when you sleep in a room where a conventional coal or gas fire, a log burner, a cooker, or a back burner is left on overnight.

You cannot feel the early symptoms of carbon monoxide poisoning, so it is important that you protect yourself.

## **You are at risk of carbon monoxide poisoning if:**

- Your appliance was not installed by a Gas Safe registered installer
- Your appliance is not working correctly
- Your appliance has not been checked or maintained correctly
- There is not enough fresh air in the room
- Your chimney or flue gets blocked.

## **The symptoms for carbon monoxide poisoning include:**

- Disorientation
- Dizziness
- Headaches
- Nausea
- Shortness of breath
- Vomiting
- A loss of consciousness.

If you are asleep you will not be able to recognise these symptoms. If you do have to sleep in a room which contains a gas or coal fire, a log burner, a gas cooker or a back burner, please read the following advice relating to your specific property.

#### **For Private Properties:**

- It is advisable that you do not use a gas appliance in a room that you will be sleeping in, unless it has a flame safety device (FSD) fitted or is a sealed unit with an external flue. Please seek professional advice from a Gas Safe registered engineer to confirm this is the case
- With log burners and coal fires, please ensure that the chimney or flue is maintained and swept annually
- Use an electric or oil radiator to provide an alternative heat source
- Ensure all gas appliances are annually maintained by a Gas Safe registered engineer
- Fit Carbon Monoxide detectors. (Ensure it meets safety standards BS EN 5029).

#### **For Private Rented Properties:**

- Ensure that your landlord has completed the annual Gas Safety check.

#### **For Local Authority Properties:**

- Under no circumstances will St Leger Homes (Doncaster) or A1 Housing (North Nottinghamshire) allow you to use an appliance in the room that you are sleeping in, unless it has a flame failure device (FSD) fitted
- Use an electric or oil radiator to provide an alternative heat source
- If you have a back boiler in the room that you are sleeping in, we can refer you to the Community Occupational Therapy service for an alternative central heating source
- Fit carbon monoxide detectors. (Ensure it meets safety standards BS EN 5029).

## **The Safe & Well Team**

The Safe & Well team work in conjunction with the Fire Service.

They complete Fire Risk Assessments and will provide free of charge fire and carbon monoxide detectors in your home.

If appropriate, your healthcare professional will refer you to the Fire Service for a full assessment of your home or you can refer yourself.

### **Telephone Numbers:**

- Doncaster 0114 253 2314
- North Nottinghamshire 0115 8388100

### **For further advice:**

- Read the Health & Safety Executive (HSE) INDG238 Gas Appliances, Get them checked, keep them safe advice leaflet on the internet: <https://www.hse.gov.uk/pubns/indg238.pdf>
- Ask your healthcare professional for this leaflet if you do not have access to the Internet.
- Contact the HSE Gas Safety Advice Line on 0800 300 363.

## **Patient Advice & Liaison Service (PALS)**

The team are available to help with any concerns, complaints or questions you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person between the hours of 9am-3pm, by telephone or email.

### **The contact details are:**

Telephone: 01302 642764/642767 or 0800 028 8059

Email: [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)

