



# Think CO Programme

## Easter 2025

### E-newsletter



Welcome to the Easter 2025 Think CO e-newsletter from the Gas Safe Charity.

Just as the early spring sunshine and warmth meant many people turned off their boilers and turned their thermostats down, Easter has arrived a bit wet and a bit chilly, so boilers go back on again and thermostats rise. In your role as a CO aware worker or volunteer, you will be able to spot signs and take steps with your clients to ensure CO risk is minimised.

As ever, our e-newsletter showcases the resources available from the Think CO Programme and this time we highlight our new set of CO awareness leaflets in a range of community languages.

Our aim continues to be to help you raise carbon monoxide (CO) awareness with the people you support in all our communities, as well as with your work or volunteering colleagues.



We continue to provide Think CO online training (**there are Zoom workshops available all the way through to the end of June**) - book here: [Free Think CO workshop](#)).

*Simon and Hilary*

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Charity number 1131987. Company number 07012694

## CO and gas awareness leaflets in community languages

**Охорона безпеки життєдіяльності: чадний та природний газ**

Що таке чадний газ?

Чадний газ (CO) — це отруйний газ без кольору, запаху та смаку, який утворюється в результаті неповного згорання вуглецевого палива (включаючи газ, нафту, деревину, бензин і вугілля).

Оскільки цей газ не має кольору, смаку чи запаху — він дуже небезпечний і за певних умов може призвести до швидкої та раптової смерті.

**Симптоми отруєння чадним газом**

- Головний біль
- Нудота
- Запаморочення
- Утруднене дихання
- Слабкість
- Втрата свідомості

**Ознаки чадного газу**

- Полум'я на більшості нагрівальних приладів чітко окреслене і має блакитний колір.
- Жовте або помаранчеве полум'я має перевірити фахівець.
- Перевірте прилади на відсутність іржі, кіптяви або зміни кольору.
- Перевірте, чи не скупчується надмірний конденсат.
- Залпальник часто затухає.

Якщо ви стурбовані тим, що у вашому помешканні може бути присутній чадний газ, або якщо ви помітили симптоми отруєння чадним газом, негайно зв'яжіться з Національною аварійною газовою службою за телефоном **0800 111 999**.

With thanks to colleagues at SGN, we have built upon their work and developed 14 leaflets in a range of community languages. The leaflets highlight both CO and gas safety.

We will be contacting a wide a range of organisations from these communities across the UK over the course of the next few months with the aim of raising CO awareness with the people they work with.



There are 14 leaflets available for you to use. The leaflets are available in:

Arabic  
Bengali  
Chinese (simplified)  
Dari  
English  
Gaelic  
Gujarati

Pashto  
Polish  
Punjabi  
Romanian  
Ukrainian  
Urdu  
Welsh

If your organisation would like a set of the leaflets for you to download and print or if you would like a pdf for you to use with a specific community you are working with, please email us at [thinkco@gassafecharity.org.uk](mailto:thinkco@gassafecharity.org.uk)

Our aim over the course of the summer is to have all the leaflets available to download from the newly refreshed Gas Safe Charity website.

**Як захиститися від шкідливого впливу чадного газу**

- Прилади, що працюють на вугіллі, нафті та природному газі, щороку мають проходити перевірку кваліфікованим спеціалістом
- Встановіть звуковий детектор чадного газу та завжди дотримуйтесь інструкцій виробника
- Регулярно перевіряйте справність детектора чадного газу згідно з інструкціями виробника та замінійте батареї/виріб за потреби
- Забезпечте належну вентиляцію приладів і не блокуйте вентиляційні отвори
- Вимкніть всі прилади і негайно зверніться по допомогу, якщо ви вважаєте, що в помешканні присутній чадний газ або якщо спрацював детектор
- Ніколи не встановлюйте барбекю або переносний обігрівач у закритому приміщенні без належної вентиляції

**Якщо ви відчули запах газу, зробіть наступне:**

✓ Відкрийте вікна та двері, щоб позбутися газу в приміщенні	✗ Не палять у приміщенні та не запалюйте вогонь
✓ Обов'язково змініть подану газу за допомогою лічильника та переконайтеся, що всі газові прилади вимкнено	✗ Не торкайтесь жодних електричних вимикачів. Працюючий вимикач може призвести до зайву газу
✓ Зателефонуйте до Газової аварійної служби за номером 0800 111 999. Телефонні лінії працюють 24 години на добу, 365 днів на рік.	✗ Якщо ви відчули запах газу, не спускайтесь в підвал, навіть якщо ваш газовий лічильник знаходиться там

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[thinkco@gassafecharity.org.uk](mailto:thinkco@gassafecharity.org.uk)  
<http://www.gassafecharity.org.uk>

Charity No: 1121887

## New CO resource for people with learning difficulties

Thanks also goes to colleagues at East Kent Mencap who agreed we could use its CO awareness leaflet as the basis of a new leaflet for the Programme in Easy Read.

We have done some work with organisations that support people with learning difficulties and would like to do more training and promotion with the many people working in this specialist area in order to raise CO awareness and highlight this resource. We were made aware of a film produced by people with learning difficulties from Speakup Self Advocacy based in Rotherham. Called “I can’t smell it. So it must be safe”, you can view the film via this link:

**Carbon Monoxide (CO) Safety**

What is carbon monoxide (CO)?

Carbon monoxide is a gas that is very dangerous and can harm you.

You cannot see, taste, smell or touch carbon monoxide.

The symptoms of carbon monoxide poisoning are:

- Headaches and tiredness
- Feeling or being sick
- Collapsing or passing out

| Think CO is a Programme run by the Gas Safe Charity | Many thanks to East Kent Mencap for their help producing this leaflet.

[www.gassafecharity.org.uk](http://www.gassafecharity.org.uk) | [www.eastkentmencap.co.uk](http://www.eastkentmencap.co.uk)  
[thinkco@gassafecharity.org.uk](mailto:thinkco@gassafecharity.org.uk)



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[I cant smell it](#)

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## Videos in community languages

A quick reminder that the Programme worked with Leicestershire Fire & Rescue Service and a range of community groups to produce CO awareness videos in Hindi, Bangla, British Sign language and English. The films are subtitled as well.

- Signed/subtitled Think CO film: [Signed Subtitled video](#)
  - CO Awareness Film in Hindi and subtitled in English: [Video in Hindi with English subtitles](#)
  - CO Awareness film in English with English subtitles: [Video in English with English subtitles](#)
  - CO Awareness film in Bangla with English subtitles: [Video in Bangla with English subtitles](#)
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## Zoom workshops

**For you** – we continue to run free, hour-long online workshops every month with the current schedule taking us through to the end of June 2025.

Attending a workshop will enable you to know what CO is, its sources signs and symptoms, as well as how to prevent CO poisoning risks. We aim to make them as informative, engaging and as interactive as possible.

To book, click [Free Think CO workshop](#)

**For your organisation** - we can run free Zoom Think CO workshops just for your organisation. Recently, these have included for the YMCA and South Lanarkshire Council. The online workshops can be for your staff/volunteers only or they can include people from partner organisations you work with as well.

Let us know if your organisation would be interested. Contact [thinkco@gassafecharity.org.uk](mailto:thinkco@gassafecharity.org.uk) for more information.

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Join a Meeting

Sign In



## Findings from AirSafe London



Funded by the Carbon Monoxide Research Trust (CORT), a pilot study carried out by AirSafe London has revealed some cars on UK roads may expose drivers to dangerously high levels of CO.

Findings from the pilot showed that 61% of vehicles had detectable levels of CO, with some at levels dangerous to people's health.

Dr. Sophie Duggan, the lead researcher on the study tested 33 cars driven by 28 members of the public. The findings showed that 61% of vehicles had detectable levels of CO, with some at levels dangerous to health.

Dr Duggan commented "CO is known to damage health at lower levels than those that trigger acute illness, which is why the WHO in 2021 revised its safety threshold downwards. At low levels, it can also affect reaction time. The findings of this study show that cars can expose their occupants to harm in both respects. There is a pressing need to test in-car air quality across the UK, to protect public health."

CORT is calling on stakeholders, including policymakers, automotive experts, and public health organisations, to review in-vehicle air quality testing.

<https://www.coresearchtrust.org/our-research/airsafe-london>

## Proposed action on CO alarm exemptions

In the Programme's Winter e-newsletter, we highlighted the deaths of three residents of a care home in Swanage, Dorset and the hospitalisation of four others from suspected CO poisoning in October last year.



What the incident highlighted was the fact that care homes are exempt from the current CO alarm legislation. The list of premises and tenancies that are exempt are:

- A tenancy which the occupier shares accommodation with the landlord or a member of the landlord's family.
- A tenancy which is let on a lease for seven years or more
- Student halls of residence
- Hostels



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- Care homes and hospitals

When we highlight this in our online workshops, the question we get asked all the time is “Why?”.

Others are also asking the same question including a cross-party group of MPs who have written to Housing and Care Ministers about carbon monoxide safety including calling for the closure of the exemption for care homes and other residential settings such as student halls from Carbon Monoxide Alarms Regulations.

This cross-party action builds on a recent parliamentary Westminster Hall debate, where the Lib Dems officially called on care homes to benefit from regulatory protection and MPs from across political parties called for greater awareness at home and abroad.

We will let you know of any progress made when we hear it.

**think**



### Think CO resources – all free

#### E-learning

Anyone can register for the Think CO e-learning course by sending your name and email address to [e-learning@gassafecharity.org.uk](mailto:e-learning@gassafecharity.org.uk). The course is accessible all year round.

#### Zoom workshops

There is a schedule of one-hour Zoom workshops currently available to June 2025. To book on click on this link: [Free Think CO workshop](#)



#### Face-to-face workshops

If you would like to discuss arranging a face-to-face workshop in your area, please contact us on [thinkco@gassafecharity.org.uk](mailto:thinkco@gassafecharity.org.uk)

#### Materials

We have a range of guides/leaflets that can be downloaded via this link: [Gas Safe Charity](#)