



Welcome to the Autumn 2026 Think CO e-newsletter from the Gas Safe Charity.

The autumn Think CO e-newsletter appears in your inbox in mid-September every year as that's when Gas Safety Week happens.

Gas Safety Week is run by the Gas Safe Register with the aim of keeping the nation gas safe. This year it runs from 14th-20th September.

The theme is "Take No Chances" and the week includes providing free information about carbon monoxide targeted at your clients as well as gas safety advice and support.

The key safety messages are:

- *Have your gas appliances checked annually by a qualified Gas Safe registered engineer. Tenants — ensure your landlord arranges this.*
- *Fit a suitable carbon monoxide alarm marked to BS EN 50291.*
- *Make sure you don't block vents — these are there to ensure your gas appliances work safely.*



More details, including how to download the factsheets and toolkit, are in the article below.

We also have a "Did You Know....." piece with some less well known facts about CO.

Think CO continues to have a wide range of free resources available for you and your colleagues to enable you to talk with your clients about CO:

- *Online workshops - [Think CO Online Workshops - How to Book](#)*
- *E-learning (email us at e-learning@gassafecharity.org.uk)*
- *Face-to-face workshops (email us thinkco@gassafecharity.org.uk)*
- *Guides, leaflets and videos*

Many thanks

Hilary





Gas Safety Week 2026 – Take No Chances

When it comes to gas safety, no risks should be taken.

The Gas Safe Register which runs Gas Safety Week has a set of free resources available to use with your clients including a toolkit. These can all be download for free from [Gas Safety Week 2026](#)

SAFETY TIPS

Unsafe gas appliances can put you at risk from carbon monoxide poisoning, gas leaks, fires and explosions.



Check your
gas appliances
every year



Check your
engineer is Gas
Safe registered



Check your
engineer's Gas
Safe ID Card

You can also pledge support for the week and there's a social media toolkit to help promote the key safety messages.

Think CO's "Top Tip" is the same as the Register's.

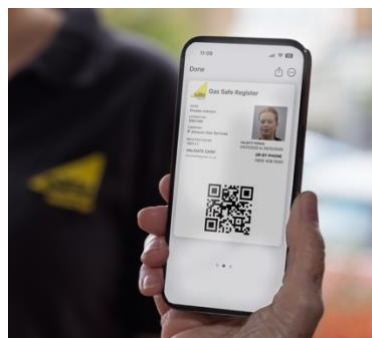
Encourage your clients to have all their gas appliances serviced every year by a Gas Safe registered engineer. The Gas Safe Register website can help you or your client find their local engineer – www.gassaferegister.co.uk or call the Register on 0800 408 5500.

And, encourage your clients fit an appropriate CO alarm and that it has the BS EN50291 code on it.

Check ID

Think CO also encourages you to remind your clients to check the ID of anyone coming into their home and that includes a Gas Safe registered engineer. Research by the Register shows that, despite 93% of people knowing gas engineers must be Gas Safe registered to legally carry out gas work, just 57% have ever checked an engineer's registration before allowing them to begin work.

Plus, 23% of homeowners said they had assumed a tradesperson was qualified because they arrived in a branded van, while 19% said the same of someone wearing a uniform and 16% because they "looked the part".





Did you know that.....

As from last year, operators of piston engine aircraft in the UK are required to have a functioning, active carbon monoxide detector on board when operating with passengers who do not hold a recognised pilot qualification?



The Civil Aviation Authority issued a directive (Safety Directive SD-2024/001) in January 2025.

Many light aircraft heaters utilise air flow over the exhaust manifold to provide cabin warmth. Fumes including CO escape through manifold cracks and seals and it can be a source of CO poisoning.

The requirement doesn't apply to all aircraft or operation. The CAA website will tell you more about these exemptions.

Did you know that.....

Professional cycling teams use CO rebreathing methods alongside blood tests to measure accurately the total haemoglobin mass and blood volume in cyclists?



CO is so dangerous as it binds itself to haemoglobin in our blood. Haemoglobin is the iron-rich protein in our red blood cells that carries oxygen from our lungs to the rest of our body.

For cyclists, this means that a haemoglobin technician can calculate the total red blood cell volume and plasma volume by taking a small blood sample after the cyclist has inhaled a tiny, safe bolus of CO gas mixed with

oxygen.

Cycling teams then use these metrics to monitor altitude training, cyclist response and changes to their breathing.

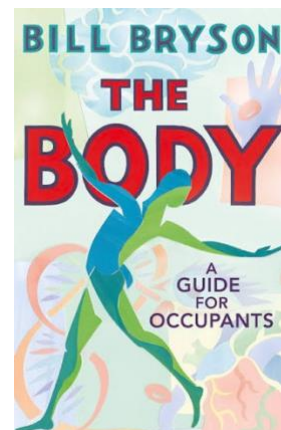
It is all done legally. A small dose of CO rebreathing is legal and not banned by the World Anti-Doping Agency (WADA) because it serves a legitimate physiological diagnostic function.



Did you know that.....

Bill Bryson, the hugely successful America journalist and author, knows a thing or two about CO. He writes about CO in his book "The Body – A Guide for Occupants".

He writes: *'Haemoglobin has one strange and dangerous quirk.... It vastly prefers carbon monoxide to oxygen. If carbon monoxide is present, haemoglobin will pack it in, like passengers on a rush hour train, and leave the oxygen on the platform. That's why carbon monoxide kills people.'*



CO and cost-of-living crisis

Anecdotally, Think CO hears from participants attending face-to-face workshops or online workshops, that people are continuing to not having their appliances serviced because of the costs involved and the impact of the ongoing cost-of-living crisis.

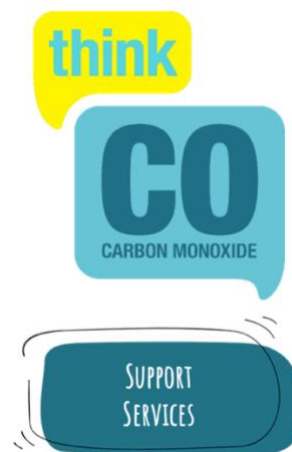
Research from the London Fire Brigade is backing this up.

The number of confirmed or suspected cases of CO incidents in London more than doubled last year. There were 1,714 emergency callouts for firefighters between August 2024 and July 2025. This is up from 821 recorded between August 2019 and July 2020. In total, the Brigade has recorded 7,764 carbon monoxide-related incidents between August 2019 and July 2025, where CO was suspected or confirmed.



One of the reasons identified behind the rise in CO-related incidents is that it could be driven by the increased cost of living in recent years, as people seek alternative ways to heat their homes, particularly during the colder months.

As a small way of helping you with clients who may be facing financial challenges, Think CO has the Support Guide. It's an interactive guide which lists 33 sources of possible help and support, including potential funding, for you to use with your clients.



To access, click on the link below and download it.



[Support Services 2026.pdf](#)

Think CO Quiz

As well as the Think CO online workshops and the e-learning course - more information below about how to book onto them – we recently launched the Think CO Training Needs Analysis.

It's a quick 10 question quiz that tests how much you know about CO.

The idea is that you can use it as part of a team meeting or briefing.

You can pass it on to colleagues perhaps new in their role to see how much they know.

Or you can use it as a quick reminder for yourself.

Click on this link [Think CO Test](#) and use the password "Think" to access it.

Once done, it will take you to the Gas Safe Charity website where you can download guides, book onto workshops and the e-learning so you can top up your knowledge and gain CO confidence when talking with the people you support.



Free Think CO Resources

Zoom workshops

For you – we continue to run free, hour-long online Think CO workshops every month with the current schedule taking us through to the end of October 2026.

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

[Think CO Online Workshops - How to Book](#)

For your organisation - we can run free Zoom Think CO workshops just for your organisation. The online workshops can be for your staff / volunteers only or they can include people from partner organisations you work with as well.



Join a Meeting

Sign In



Let us know if your organisation would be interested. Contact thinkco@gassafecharity.org.uk for more information.

E-learning course

Anyone can register for the Think CO e-learning course by sending your name and email address to: e-learning@gassafecharity.org.uk

The course is accessible all year round. It's accredited for your learning and development portfolio, and you can download a transcript of the course once you've completed it.



Face-to-face workshops

We continue to run face-to-face workshops for organisations or teams of people. They can be open to just your staff and volunteers, or they can be opened up to staff/volunteers from partner organisations. They last about 2.5 hours.

We're just back from Kilmarnock where the latest one was run. Thanks to everyone who was there and made the morning enjoyable and informative.



If you'd like to discuss a workshop with us, please email thinkco@gassafecharity.org.uk

CO and gas awareness leaflets in community languages

With thanks to colleagues at SGN and East Kent Mencap, we have built upon their work and developed 15 leaflets in a range of community languages. The leaflets highlight both CO and gas safety.

You can download any or all of the leaflets from the Gas Safe Charity's website via this link [Think CO Guides](#). Scroll to the bottom of the landing page and click on "Information leaflets"



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](#)