www.carbonmonoxide.ie

carbon monoxide
the facts …

carbon monoxide can occur with gas, oil, coal or other fuels

BORD GÁIS NETWORKS

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what is **carbon monoxide?**

Carbon monoxide, also known as CO, is a colourless, odourless gas that is highly dangerous. Carbon monoxide poisoning is a common yet preventable cause of death worldwide. Each year in Ireland there are one or two fatalities from unintentional carbon monoxide poisoning in the home, caused by an appliance that burns fossil fuels such as oil, gas or coal. Other significant causes of carbon monoxide poisoning are vehicle exhausts, smoke inhalation from fires, and incidents in industrial or commercial settings.

The incomplete combustion of fossil fuels is a source of carbon monoxide. In normal conditions the combustion process will cause the carbon in the fossil fuel to combine with oxygen in the air to produce carbon dioxide (CO_2), the same substance we exhale when we breathe. However, if there is a lack of air for the combustion process or the appliance is faulty, carbon monoxide can be produced.

When carbon monoxide is inhaled into the body it combines with the blood, preventing it from absorbing oxygen. If a person is exposed to carbon monoxide over a period, it can cause illness and even death. Carbon monoxide is often called the 'silent killer' because you can't see or smell it.

For further information
Call: **1850 79 79 79**
Visit: **www.carbonmonoxide.ie**

Dangerous amounts of carbon monoxide can accumulate at home as a result of any or a combination of the following:

- Faulty or damaged heating appliances
- Appliances not maintained or serviced
- Rooms not properly ventilated
- Blocked chimneys or flues
- Poor installation of heating appliances
- Property alterations or home improvements that reduce ventilation
- Running engines such as vehicles or lawnmowers in garages
- Improper operation of appliances such as using cooking appliances for heating purposes
- The operation of petrol driven mobile generators indoors.

Never block vents

Keep chimneys clear

Never run engines in enclosed spaces

Remember!

Ensure your appliances are installed and serviced annually by a Registered Gas Installer, Registered Oil Technician or qualified service agent for your fuel type.

symptoms of **carbon monoxide poisoning**

Symptoms of carbon monoxide poisoning can be similar to those caused by other illnesses such as a cold or flu and may include ***headaches, chest pains, sickness, diarrhoea, dizziness*** and ***general lethargy.***

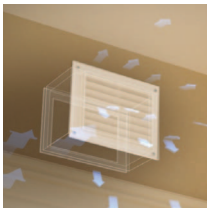
If you or your family experience any of these symptoms and you believe carbon monoxide may be involved, you should ask your doctor to check for carbon monoxide poisoning.

If you find a person ill or unconscious and suspect carbon monoxide poisoning, ventilate the area immediately by opening windows and doors.

Remember!

Stop using any fuel burning appliance immediately and do not use again until the appliance has been checked by a Registered Gas Installer, Registered Oil Technician or a qualified service agent.

Safety Advice



- Ensure your appliances are installed and serviced annually by a Registered Gas Installer, Registered Oil Technician or qualified service agent for your fuel type
- Make sure room vents are not blocked and there is adequate ventilation
- Keep flues and chimneys unblocked
- Make sure all chimneys are regularly swept and kept clear
- Use appliances only for the PURPOSE for which they were designed, e.g. do not use a cooker to heat a room
- If you suspect an appliance may be faulty, stop using it immediately and arrange for a safety inspection.

Carbon Monoxide Alarms

Use carbon monoxide alarms but remember these are no substitute for regular inspection and maintenance of appliances, vents, flues and chimneys. Check that the carbon monoxide alarm complies with European Standard EN 50291 and carries both the CE mark and a mark of independent certification. Ensure that the alarm has an 'end-of-life' indicator. Some Registered Gas Installers will supply and fit carbon monoxide alarms in addition to servicing your appliance/s. Carbon monoxide alarms are also available from most hardware and D.I.Y. stores. Always install alarms as per the manufacturers' instructions. Remember more than one alarm may be required to provide adequate protection.

Home Alterations

When adding an extension, converting a garage, double-glazing or weather-sealing doors, you should always consider the ventilation requirements for your appliances. Particular restrictions apply where a living space is to be used as a bedroom or a bathroom. For professional advice on your appliances before embarking on home alterations contact your fuel supplier.

Know the Danger Signs

Watch out for any of the warning signs that your appliance is not functioning properly:

- Staining, sooting or discolouration around the appliance
- Condensation on walls/windows
- A strange smell when the appliance is on
- Flu-like symptoms, such as drowsiness or headaches
- A yellow or orange flame where normally blue for a gas appliance.

- Deal with a reputable outlet when purchasing appliances
- LPG or natural gas appliances should always carry the CE mark
- Read instruction manuals carefully for your appliance
- If you are moving house, leave the instruction manual for any appliance you are not taking with you
- Service appliances annually to make sure they are working safely and efficiently.

If you are concerned that an appliance is not operating safely, or your appliances are not in good condition, arrange to have a safety inspection carried out.

Carbon monoxide appliance safety notifications are published on **www.carbonmonoxide.ie**

Natural Gas Appliances

Contact a Registered Gas Installer (RGI). Local listings can be found at **www.rgii.ie** or by contacting RGII on **1850 454 454.**

LPG Appliances

Contact your fuel supplier or visit **www.ilpga.ie**

Solid Fuel Appliances

Contact your fuel provider.

Oil Appliances

Contact a qualified technician such as an OFTEC Registered Technician on **(01) 8646637** or visit **www.oftec.org**

For further information call:
1850 79 79 79
Visit: **www.carbonmonoxide.ie**

www.carbonmonoxide.ie

aonocsaíd charbóin
na fíricí . . .

D'fhéadfadh gás, ola, gual agus breoslaí eile aonocsaíd charbóin a tháirgeadh

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cad is **aonocsaíd charbóin** ann?

Is gás éadathach, gan bholadh, é aonocsaíd charbóin, ar a dtugtar CO freisin, a bhfuil contúirt mhór ag baint leis. Tá nimhiú ó aonocsaíd charbóin ina chúis choitianta bháis timpeall an domhain, ach is féidir é a chosc. Gach bliain in Éirinn, faigheann duine nó beirt bás, de thimpiste, mar thoradh ar nimhiú ó aonocsaíd charbóin sa bhaile. Fearas a dhónn breosla iontaise, ar nós ola, gáis nó guail is cúis leis seo. Is cúis mhór eile nimhithe iad sceithphíopaí feithiclí, deatach a tharraingítear isteach ó thinte, agus eachtraí a tharlaíonn ar shuíomhanna tionscail nó tráchtála.

Táirgtear aonocsaíd charbóin nuair nach ndéantar breoslaí iontaise a dhó go hiomlán. I ngnáthdhálaí dó, comhcheanglaíonn an carbón, ón mbreosla iontaise, leis an ocsaigin san aer agus táirgtear dé-ocsaíd charbóin (CO_2) - an gás céanna a fhaightear nuair a ligtear anáil. Mura bhfuil go leor aeir don phróiseas dó, áfach, nó má tá an fearas lochtach, is minic a tháirgtear aonocsaíd charbóin.

Nuair a dhéantar aonocsaíd charbóin a tharraingt isteach, comhcheanglaíonn sé le fuil an choirp agus cuirtear bac ar ionsú ocsaigine. Má táthar i mbaol ó aonocsaíd charbóin thar thréimhse ama, d'fhéadfadh sí bheith ina cúis tinnis nó ina cúis bháis fiú. Tugtar an 'chontúirt thostach' ar aonocsaíd charbóin de bhrí nach féidir an gás a fheiceáil nó nach mbíonn boladh as.

Le teacht ar thuilleadh eolais
Cuir glao ar: **1850 79 79 79**
Féach ar: **www.carbonmonoxide.ie**

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D'fhéadfadh ceann de na nithe seo a leanas, ina n-aonar, nó i dteannta a chéile, cur le leibhéal ard d'aonocsaíd charbóin i dtithe:

- Fearais téimh lochtacha nó fearais a bhfuil damáiste déanta dóibh
- Fearais nach ndéantar a chothabháil ná a sheirbhísiú
- Seomraí nach bhfuil aeráilte i gceart
- Simléir nó múcháin a bhfuil calcthaí iontu
- Fearais téimh nach bhfuil suiteáilte i gceart
- Athruithe a dhéantar ar mhaoin nó feabhsaithe ar thithe a laghdaíonn aerú
- Innill ar nós feithiclí nó lomairí faiche a fhágtar ar siúl i ngaráistí
- Fearais a úsáidtear go mícheart .i. fearais cócaireachta a úsáidtear le rudaí a théamh
- Gineadóirí soghluaiste peitril a úsáidtear laistigh den teach.

Ná cuir bac ar ghaothairí riamh

Coimeád simléir saor ó bhac

Ná bíodh innill ar siúl agat in áiteanna iata

Cuimhnigh air seo!

Cinntigh go ndéanann Gníomhaire Cáilithe um Sheirbhís (don bhreosla a úsáideann tú), Suiteálaí Cláraithe Gáis nó Teicneoir Cláraithe Ola na fearais a shuiteáil nó a sheirbhísiú go bliantúil.

comharthaí sóirt a bhaineann le **nimhiú ó aonocsaíd charbóin**

D'fhéadfadh na comharthaí sóirt a bhaineann le nimhiú ó aonocsaíd charbóin bheith cosúil leis na comharthaí sóirt a bhaineann le tinnis eile - slaghdán ná an fliú, mar shampla. Áirítear orthu siúd ***tinneas cinn, pianta cliabhraigh, breoiteacht, buinneach, meadhrán*** agus ***marbhántacht go ginearálta.***

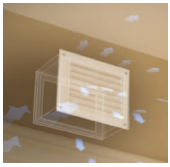
Má tá na comharthaí sóirt sin ortsa nó ar ghaol leat, agus má cheapann tú gurb é nimhiú ó aonocsaíd charbóin is cúis leo, ba cheart duit dul i dteagmháil leis an doctúir chun féachaint an é nimhiú ó aonocsaíd charbóin atá i gceist.

Má thagann tú ar dhuine atá breoite, nó gan aithne, agus má tá cúis mhaith agat le hamhras a bheith ort gurb é nimhiú ó aonocsaíd charbóin is cúis leis, déan an áit a aerú láithreach trí na fuinneoga agus na doirse a oscailt.

Cuimhnigh air seo!

Ná bain úsáid as an bhfearas dóite breosla as sin amach go dtí go ndéanann Suiteálaí Cláraithe Gáis, Teicneoir Cláraithe Ola, nó Gníomhaire Cáilithe um Sheirbhís é a sheiceáil.

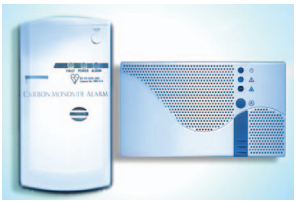
Comhairle i dtreo Sábháilteachta



- Cinntigh go ndéanann Suiteálaí Cláraithe Gáis, Teicneoir Cláraithe Ola, nó Gníomhaire Cáilithe um Sheirbhís (don bhreosla a úsáideann tú) na fearais a shuiteáil agus a sheirbhísiú go bliantúil
- Cinntigh go bhfuil gaothairí seomra saor ó bhac agus go bhfuil an t-aerú cuí ann
- Coimeád múcháin agus simléir saor ó bhac
- Cinntigh go ndéantar simléir a scuabadh go rialta agus go gcoimeádtar saor ó bhac iad
- Bain úsáid as fearais CHUN A GCRÍCHE amháin .i. ná bain úsáid as cócaireán le seomra a théamh
- Má cheapann tú go bhfuil fearas lochtach, ná húsáid a thuilleadh é agus déan iniúchadh sábháilteachta a eagrú.

Aláraim Aonocsaíd Charbóin

Bain úsáid as aláraim aonocsaíde carbóin ach ná dearmad gur gá i gcónaí cigireacht agus cothabháil rialta a dhéanamh ar fhearais, ar ghaothairí, ar mhúcháin agus ar shimléir. Féach go ngéilleann an t-aláram aonocsaíde carbóin do chaighdeán Eorpach EN 50291agus go bhfuil aige an marc CE agus marc deimhnithe neamhspleách. Cinntigh go bhfuil táscaire 'deireadh saoil' ar an aláram AC. Tá roinnt Suiteálaithe Cláraithe Gáis ann a sholáthróidh aláram aonocsaíde carbóin agus a fheisteoidh iad, le cois fearas/fearais a sheirbhísiú. Gheofar aláraim aonocsaíde carbóin i bhformhór na siopaí crua-earraí agus Déan Féin É. Lean treoracha an déantóra i gcónaí agus aláram á shuiteáil. Cuimhnigh go bhféadfadh breis is aláram amháin a bheith riachtanach chun cosaint leordhóthanach a sholáthar.



Athruithe Baile

Is ceart smaoineamh i gcónaí ar na riachtanais aerála a bhaineann le do chuid fearas má tá tú le síneadh a chur le foirgneamh, garáiste a athchóiriú, nó séala uisce nó gloiniú dúbailte a chur ar dhoirse. Tá feidhm ag srianta áirithe má táthar chun spás a úsáid mar sheomra codlata nó mar sheomra folctha. Téigh i dteagmháil le do sholáthraí breosla le comhairle phroifisiúnta a fháil sula dtugann tú faoi athruithe baile.

Déan an Dainséar a aithint

Bí ag faire amach do chomharthaí rabhaidh a thabharfaidh le fios nach bhfuil an fearas ag obair i gceart:

- Smáil, súiche nó dídhathú ar an bhfearas
- Comdhlúthú ar bhallaí agus ar fhuinneoga
- Boladh aisteach nuair atá an fearas ar siúl
- Comharthaí sóirt a bhaineann leis an bhfliú .i. má thagann sámhán ort nó má tá tinneas cinn ort

- Maidir le fearais gháis, bí ag faire amach do lasair bhuí nó oráiste nuair ba cheart di bheith gorm.

- Bí ag plé le hionad díola atá creidiúnach nuair atá fearas á cheannach agat
- Ba chóir go mbeadh an chomhartha CE ar fhearais gáis nádúrtha agus ar fhearais GPL
- Léigh an lámhleabhar a bhaineann leis an bhfearas go cúramach
- Má tá tú ag bogadh amach ón teach, fág an lámhleabhar do gach fearas sa teach
- Déan na fearais a sheirbhísiú go bliantúil chun féachtaint an bhfuil siad ag obair go héifeachtúil agus go sábháilte.

Má tá tú buartha nach bhfuil fearas ag obair go sábháilte nó gur olc an riocht a bhfuil sé ann, déan iniúchadh sábháilteacha a eagrú.

Foilsítear na fógraí sábháilteachta maidir le haonocsaíd charbóin ar **www.carbonmonoxide.ie.**

Eolas **Teagmhála**

Fearais Gháis Nádúrtha

Déan teagmháil le Suiteálaí Cláraithe Gáis. Gheofar liostaí de shuiteálaithe áitiúla ag **www.rgii.ie** nó trí ghlao a chur ar RGII ag **1850 454 454**

Fearais GPL

Déan teagmháil le do sholáthraí breosla nó téigh chuig **www.ilpa.ie**

Fearais Bhreosla Sholadaigh

Déan teagmháil le do sholáthraí breosla.

Fearais Ola

Déan teagmháil le teicneoir cáilithe ar nós Teicneoir Cáilithe OFTEC ar **(01) 8646637** nó téigh chuig **www.oftec.org**

Gheofar eolas breise ach glao a chur ar:
1850 79 79 79
Téigh chuig: **www.carbonmonoxide.ie**