

You can't smell it
You can't see it and
It can kill !

What?

Carbon Monoxide – the 'silent killer'.

Despite widespread publicity, it has been reported that in the UK between 20 and 30 people die each year in their homes from accidental carbon monoxide poisoning.

How?

By starving the cells of oxygen and poisoning the body.

When?

By burning any carbon based fuel e.g. gas, coal, coke, oil, petrol, wood, etc without enough ventilation.

The fuels still burn but rather than producing carbon dioxide they produce potentially lethal carbon monoxide.

Who?

Tragically, many young people in student accommodation.

But it can affect anyone who is burning carbon based fuel in an enclosed area.

It can affect old and new properties.

What are the symptoms?

The effects are like everyday illnesses so can be difficult to detect, but may include:

- Headache, dizziness and nausea;
- Drowsiness and a feeling of weakness.

Do not ignore these symptoms if:

- Other people in the same building have similar problems;
- You've recently moved into the building;
- You've had a new appliance fitted e.g. heating or a cooker;
- You've had work carried out that might affect ventilation e.g. double glazing;
- You feel better when out of the building; or
- You've recently switched the heating on.

If affected, what action do I take?

- Go into fresh air.
- Seek medical attention immediately.
- Do not use the appliance until it has been examined by a CORGI registered engineer.

What can I do to prevent Carbon Monoxide poisoning?

Keep ventilated

- Ensure there is enough oxygen wherever fuel is being burnt.
- Homes are changing, for example, with double glazing, so we don't have 'natural' draughts and may need ventilation fitted. That can be with a flue leading outside, or an existing opening such as a chimney.

Keep flues clear

- External flues may be blocked by vegetation growing over the outlet, or debris and birds nests may block a chimney.
- Sometimes, venting of gases is not possible e.g. in a garage. In these circumstances a through-flow of air is essential to prevent gas building up.

Keep serviced – old and new appliances

- Services should include a 'venting of gases' check. For gas appliances, engineers must be CORGI registered.
- Appliances not used for a long time should be serviced before use.

Keep safe – install detectors with an audible alarm

- Carbon monoxide detectors are a valuable safety precaution and can be purchased from CORGI (see link below) and many reputable high street retailers.
- Make sure they are British or European standard approved.

What help can I get?

- Manufacturers of boilers and fires provide clear guidance as to ventilation and flue requirements and all new installations should comply with these.
- It is vital that all carbon fuel-burning appliances are used in accordance with the manufacturers' recommendations, and fitted and serviced by an accredited engineer.
- Universities and colleges sometimes have Carbon Monoxide detectors available on loan from Safety Offices.
- Landlords have a responsibility to ensure that all appliances are safe, but tenants must also ask if appliances are safe before moving in.

Flooding

- Floodwater and the build up of silt or debris can affect ventilation and cause gas to build up. Get checked by an accredited engineer.
- Don't use indoor camping stoves or other gasoline, propane or natural gas devices that are meant for outdoor use.

Further information on gas safety and the risks to health is available from a number of sources.

HSE's Gas Safety Advice line is available on **0800 300 363**

For health issues and symptoms:

NHS Direct Wales **0845 46 47** or www.nhsdirect.wales.nhs.uk

To find a CORGI-registered gas installer visit CORGI's website at:

www.trustcorgi.com/consumers or call **0800 915 0485**

For suspected gas leaks, contact the National Gas Emergency Service:
0800 111 999

Support and advice is also available from CO-Awareness:
0771 589 9296 E-mail: LynnCoAwareness@aol.com.

Further information on flooding can be found at:
www.wales.nhs.uk/sites3/page.cfm?orgld=719&pid=26775

This fact sheet has been published by the Welsh Assembly Government as part of its response to Health Challenge Wales, which is about better health and wellbeing in Wales. If you would like to find out more about Health Challenge Wales, visit www.wales.gov.uk/healthchallenge or phone us on **0845 606 4050**.

allwch chi ddim ei arogl
aallwch chi ddim ei weld ond
gall eich lladd!

Beth?

Carbon Monocsid – y ‘llofrudd tawel’.

Er gwaetha’ ymgymyrchoedd gwybodaeth, mae rhwng 20 a 30 o bobl ym Mhrydain yn cael eu gwenwyno a’u lladd gan garbo monocsid yn eu cartrefi bob blwyddyn.

Sut?

Mae’n lladd trwy amddifadu’r celloedd o ocsigen a gwenwyno’r corf.

Pryd?

Pan fyddwch yn llosgi tanwydd carbon e.e. nwy, glo, golosg, olew, petrol, pren at ati ac nad oes digon o ‘ddrafft’ I gylchdroi’r aer.

Bydd y tanwydd yn dal I losgi ond yn hytrach na chynhyrchu carbon deuocsid, bydd yn cynhyrchu carbon monocsid, sy’n gallu lladd.

Pwy?

Llawer o bobl ifanc mewn llety myfyrwyr gwaetha’r modd.

Ond gall effeithio ar unrhyw un sy’n llosgi tanwydd carbon mewn lle caeedig.

Gall effeithio ar dai hen a newydd.

Beth yw'r symptomau?

Maen nhw fel effeithiau afiechydon pob dydd ac felly'n anodd sylwi arnyn nhw, ond gallant gynnwys:

- Pen tost, pendro ac awydd cyfogi
- Teimlo'n gysglyd a gwan.

Peidiwch ag anwybyddu'r symptomau hyn:

- Os oes pobl eraill yn yr adeilad yn dioddef o'r un symptomau;
- Os ydych newydd symud l'r adeilad;
- Os ydych wedi cael offer newydd e.e. gwres new ffwrn;
- Os oes gwaith wedi'l wneud allay affeithio ar lif yr aer e.e. ffenestri dwbl;
- Os ydych yn teimlo'n well y tu allan l'r adeilad; neu
- Os ydych newydd droi'r gwres ymlaen.

Os ydw i'n teimlo'r effeithiau, beth ddylwn ei wneud?

- Ewch I gael awyr iach.
- Ewch I weld y doctor ar unwaith.
- Peidiwch â defnyddio'r offer nes bod rhywun addas, fel periannydd CORGI, yn ei archwilio.

Beth alla'i ei wneud i osgoi cael fy ngwenwyno gan garbon monocsid?

Cadwch yr aer i droi

- Gwnewch yn siwr bod yna ddigon o ocsigen lle bynnag mae tanwydd yn cael ei losgi.
- Mae cartrefi'n newid. Er enghraifft, mae ffenestri dwbl yn rhwystro llif drafftiau 'naturiol' ac effallai y bydd angen helpu'r aer i gylchdroi. Gallai fflw l'r tu allan neu i agoriad sy'n bod eisoes fel simnai, wneud hynny.

Cadwch eich fflwiau'n glir

- Gofalwch nad oes planhigion yn cau pen allanol y fflw na nythod adar neu frigau'n cau simnai.
- Weithiau, nid yw'n bosibl 'fentio' neu rhyddhau nwyon e.e. mewn garej. Gofalwch felly fod yna lif trwoff o aer i wasgaru'r nwyon.

Rhowch wasanaeth i'ch offer – hen offer ac offer newydd

- Dylai Gwasanaeth gynnwys archwiliad i weld a yw'n gollwng nwyon. Rhaid defnyddio perianwyr CORGI i archwilio offer nwy.
- Trefwch fod offer sydd heb eu defnyddio ers tro yn cael Gwasanaeth.

Byddwch yn ddiogel – gosodwch synwryddion larwn sain

- Mae synwryddion carbon monocsid yn arfau gwerthfawr l'ch diogelu chi a'ch teulu. Prynwch nhw oddi wrth CORGI (dolen isod) new siopau dibynadwy.
- Gwnewch yn siwr eu bod o safon Brydeinig neu Ewropeaidd.

Ble alla'i fynd am help?

- Mae cynhyrchwyr bwyleri a thanau'n paratoi cyfarwyddiadau clir ynghylch cylchdroi aer a ffliwiau. Gofalwch eu body n cael eu dilyn.
- Mae'n bwysig iawn cadw at gyfarwyddiadau'r cynhyrchydd wrth ddefnyddio pob offeryn sy'n llosgi tanwydd carbon a'l fod yn cael ei osod a'i wasanaeth gan beiriannydd cymeradwy.
- Mae Swyddfeydd Diogelwch rhai prifysgolion a cholegau'n rhoi benthyg synwryddion Carbon Monocsid I fyfyrwyr.
- Cyfrifoldeb y landlord yw gofalu bod yr offer yn ddiogel, ond dyla tenantiaid ofyn a yw'r offer yn sâff cyn symud I mewn I'r tŷ.

Llifogydd:

- Mae llifogydd ac unrhyw silt a baw allay grynhoi yn gallu effeithio ar y system awyru a gall nwy grynhoi. Gofynnwch I beiriannydd cymeradwy ddod I gael golwg.
- Peidiwch â defnyddio tanau gwerysilla new ddyfeisiau gasolin, propan new nwy naturiol reail o dan do os ydyn nhw wedi'u gwneud I'w defnyddio yn yr awyr agored.

Mae sawl lle yn cynnig mwy o wybodaeth am ddefnyddio nwy'n ddiogel a'i beryglon i iechyd.

Rhif Llinell Gyngori yr HSE ar Nwy yw **0800 300 363**.

Os oes gennych broblem iechyd neu symptomau, ffoniwch Galw GIG Cymru ar **0845 46 47** neu www.nhsdirect.wales.nhs.uk.

I weld rhestr o berianwyr sydd wedi cofrestru gyda CORGI, ewch i : www.trustcorgi.com/consumers neu ffoniwch **0800 915 0485**.

Os oes gennych nwy yn gollwng, ffoniwch y Gwasanaeth Argyfwng Nwy Cenedlaethol: **0800 111 999**.

Mae help a chyngor ar gael hefyd gan CO_Awareness ar **0771 589 9296**, ebost: LynnCoAwariness@aol.com.

Cewch fwy o wybodaeth am lifogydd ar:

www.wales.nhs.uk/sites3/page.cfm?orgld=719&pid=26775.

Cyhoeddwyd y daflen hon gan Lywodraeth y Cynulliad ac mae'n rhan o'l hymateb I Her Iechyd Cymru a'l nod o wella iechyd a lles pobl Cymru. Od hoffech wybod mwy am Her Iechyd Cymru, ewch i www.cymru.gov.uk/heriechyd neu ffoniwch ni ar 0845 606 4050.