

# What are the symptoms of CO poisoning?

They include:

- Headache,
- Drowsiness/Tiredness
- Flu-like symptoms
- Nausea and vomiting
- Myalgia (muscular aches)
- Difficulty breathing
- Vision changes
- High blood pressure
- Tinnitus
- Rapid pulse
- Dizziness
- Vertigo
- Pins and Needles
- Weakness
- Emotional changes
- Confusion
- Poor judgment
- Clumsiness
- Fainting
- Diarrhoea
- Temperature drops.
- Incontinence
- Chest pain
- Loss of consciousness
- Coma

# What to do if you have any of the above symptoms:

If you think that you are suffering from CO poisoning open all of the hatches and accesses creating as much ventilation through the boat as possible, then get out on deck or into the cockpit where there is fresh air. If the symptoms are serious get ashore to the nearest hospital or doctors surgery. If this is not possible contact the Coastguard for help to get to a medical facility urgently.

Because the symptoms are the same as many other common illnesses CO poisoning may not be diagnosed properly. If you strongly suspect carbon monoxide poisoning tell the doctor or medical staff and explain what leads you to believe this.



We support victims poisoned by CO and their families and friends. We also try to raise awareness of the dangers of CO among health professionals and the general public. We are an independent charity and do not recommend any single manufacturer or product.

If you would like to learn more about our work or if you would like to help CO victims, we would love to hear from you.

Our contact details –  
Call Lynn on 0771 589 9296  
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www.COvictim.org



Registered Charity Number 1125755

CO-Awareness Week is the third week in November.  
See our website for this year's venues  
www.COvictim.org

Working with:



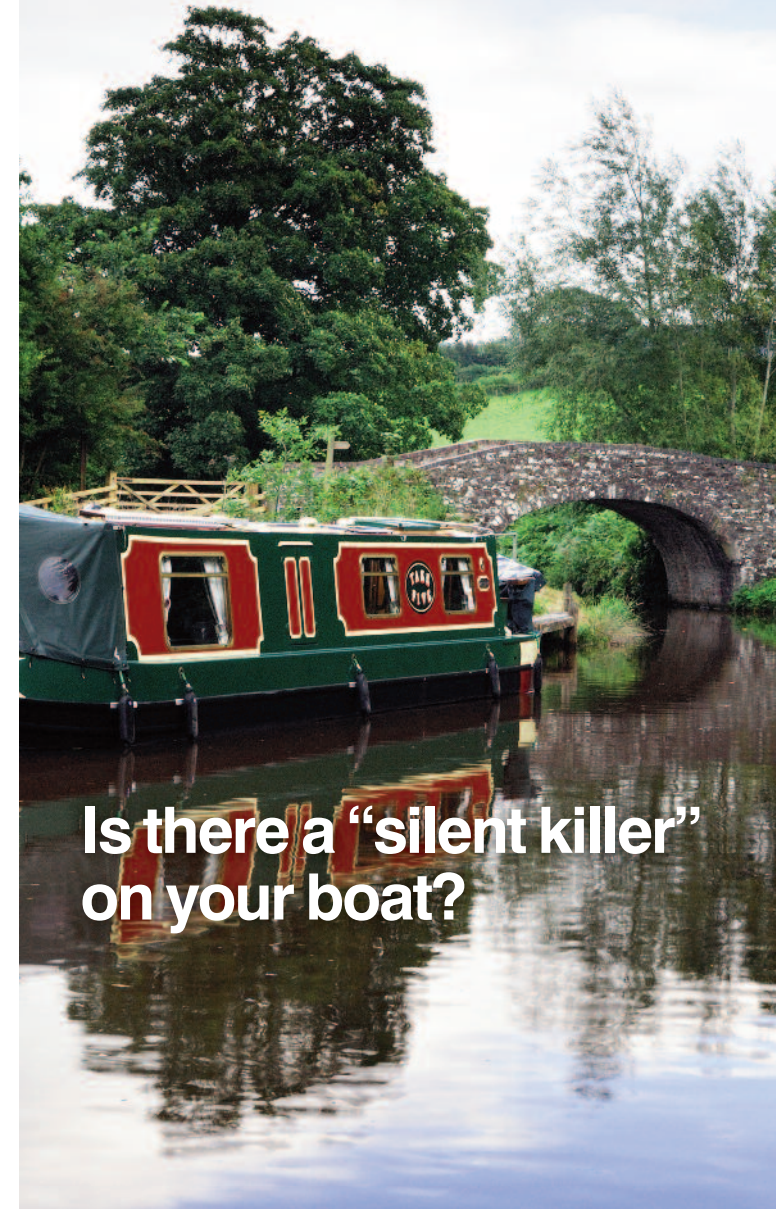
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**NARU**

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# CARBON MONOXIDE KILLS IN LESS THAN THREE MINUTES !!!



## Is there a “silent killer” on your boat?

## What is CO poisoning?

Carbon monoxide (CO) poisoning can be fatal or cause permanent damage to your health. CO is produced when carbon fuels don't burn completely. It has no smell or taste and, in large quantities, it can kill very quickly.

## Where does CO come from?

Carbon monoxide (CO) can be produced by any fuel burning appliance that is not properly maintained or adequately ventilated. Sources can include engines, hobs, ovens, grills and water or space heating units.

## Danger signs of the presence of CO:

- Yellow/orange flames on burners where there should be blue ones.
- Sooty stains or blackening on the bulkhead above or around appliances and/or strong fuel smells.
- You could also be poisoned by the exhaust fumes from boat engines or generators on boats moored alongside if they are blown into the cabins on your boat.

## Is the risk the same for everybody?

Nobody is immune to damage from carbon monoxide poisoning but young children, the elderly, people with an existing medical condition, pregnant women and unborn children are particularly at risk especially if the exposure is prolonged or repeated.

## Safety checklist

- Always ensure that the boat is well ventilated when occupied.
- Never use a petrol/diesel generator in a position where the exhaust fumes can enter the cabin areas.
- Never leave the engine running with all the hatches and access ways battened down.
- Buy and install as directed a carbon monoxide alarm that is BS EN 50291-2 compliant. Not all carbon monoxide alarms are suitable for boats.
- Never use the hob, oven or grill to heat the cabin. Keep all the burners clean. Dirty burners produce carbon monoxide.
- Check the flue/exhaust of any water/space heater for leakage and maintain them regularly.
- Check the engine and exhaust system regularly for damage or deterioration.
- Ensure that any gas installation complies with the requirements of the Boat Safety Scheme.
- Know the signs of carbon monoxide poisoning. Headaches, nausea, lethargy, confused thinking.
- Remember, at low levels carbon monoxide makes you ill. At high levels it can kill you in less than 3 minutes.

