

3 checks to stay Safe, Warm and Well

Check 1: Are you on the Priority Services Register?

The Priority Services Register gives you extra help from your energy supplier, or support to keep you safe if there was a powercut or interruption to your gas supply.

You are eligible if your household includes a child under 5 or someone who is a pensioner, disabled, has a health condition, is dependent on electricity for medical reasons, or has a hearing or visual impairment.

Speak to your energy supplier or call us (phone number below) and we can sign you up.



Check 2: Are you eligible for £140 towards your winter energy bills?

The Warm Home Discount is a government scheme whereby energy companies give eligible customers a one-off grant of **£140** towards their energy costs during the winter.

You may be eligible for this if your household income is under £16,190 and you have children, a pensioner or someone with a disability in your household. You need to check the criteria and apply to your energy supplier.



For further information or for help to apply for these schemes you can contact Kate, the Energy Doctor:

01757 249100 or email kate@yorkshireenergydoctor.org.uk

Check 3: Are you aware of the risks of carbon monoxide?



What is carbon monoxide?

Carbon monoxide (CO) is a poisonous gas. It is known as the Silent Killer as you can't see it, taste it or smell it. Around 50 people die every year from carbon monoxide poisoning and 4000 people end up in A&E.

How is carbon monoxide produced?

Appliances that burn gas, oil, LPG, wood or coal could all potentially produce carbon monoxide if the fuel does not burn properly. This may happen if there is inadequate ventilation or if an appliance has not been fitted properly or is poorly maintained.

What are the symptoms of carbon monoxide?

At low levels, symptoms include headaches, nausea and dizziness.

At higher levels, CO can lead to breathlessness, collapse or unconsciousness.

How can you keep yourself safe?

- Get a carbon monoxide alarm certified to BS50291.
- Test your alarm regularly and check the expiry date.
- Get your boiler and other appliances serviced annually.
- Keep chimneys swept.
- Don't block vents.
- Call the National Gas Emergency Service if you suspect CO poisoning – 0800 111 999.

Complete our survey to win a CO alarm:

- 1) Scan the QR code *or*
- 2) Visit: <https://bit.ly/coalarmcompetition> *or*
- 3) Call Kate: 01757 249100

