
Katie Haines Memorial Trust

Richard Haines

- Trustee since Trust inception in 2011.
- 20+ years IT industry for Hewlett Packard Enterprise (HPE)
- Practise manager within HPE UK services.



Katie Haines Memorial Trust

Our role in Carbon Monoxide Awareness

Richard Haines



Agenda

- Why did Carbon Monoxide (CO) become important to us?
- What is Carbon Monoxide?
- Who we are as a Trust?
- What have we done as a Trust?
- What we want to see change

What is Carbon Monoxide?

Carbon Monoxide (CO) can be emitted from any appliance burning combustible fuel and is produced by the incomplete combustion of these fossil fuels e.g. gas, coal, coke, oil, paraffin or wood.

Why is it so dangerous? CO is odourless, tasteless and colourless so you can't see it or smell it and therefore gives you no sensory warning that you're breathing it. This is why it's known as the Silent Killer

CO binds to hemoglobin over 200 times more easily than oxygen does, so if CO is present, oxygen will not be able to find space to get into the hemoglobin. This is because the space is occupied with CO. As a result, parts of the body will be starved of oxygen, and the affected parts will die

CO is slightly lighter than air so will rise

Household appliances that could create CO can include gas fires, boilers, central heating systems, water heaters, cookers, and open fires which use gas, oil, coal and wood. It can also include BBQ's, any vehicular combustion engine (Car, Boat),

What is Carbon Monoxide?

Warning signs of Carbon Monoxide

Boilers, hobs and fires can fail quickly and without warning. You may not have time to notice any problems or react, as high levels of CO can kill very quickly. Whilst there is no substitute for an audible alarm, signs which may indicate carbon monoxide emission include:

- Yellow or orange rather than blue flames (except for 'coal effect' fires)
- Soot or yellow/brown staining around appliances
- Pilot lights that frequently blow out
- Increased condensation on windows

Warning signs of potential Carbon Monoxide poisoning

- A large proportion of people in the same environment developing the same symptoms
- Symptoms improving when a person is away from that environment, and reappearing when they return
- Seasonal symptoms, which may be caused by a central heating system that is used at certain times of the year

What is Carbon Monoxide?

Symptoms include:

- Headaches
- Tiredness
- Dizziness
- Nausea/vomiting
- Confusion and clumsiness
- Persistent chest or stomach pains
- Trembling
- Blurred vision or hallucinations

Why are these symptoms dangerous?

Because symptoms of carbon monoxide poisoning can be easily confused with common illnesses and ailments. Many people with low-level exposure over periods of time confuse their symptoms with colds, general ill health or pneumonia. This means they don't address the source of the issue and remain exposed

What is Carbon Monoxide?

Prevention

- Keep appliances in good working order, and use them safely
- Have them serviced annually by a qualified and registered professional e.g. Gas Safe, HETAS or OFTEC engineer
- Have an audible Carbon Monoxide alarm, placed high near any carbon burning appliance, preferably one on every floor and in the main bedroom. Test it weekly.
- Even if your appliances are working effectively, if you live in a flat or terraced house you could be poisoned from next door, so a CO alarm gives you that warning
- Take your CO alarm with you on holiday, easy to pack
- Do not use gas ranges or ovens for heating.
- Make sure all rooms are well ventilated and that vents are not blocked. Be careful in well-insulated environments.
- Have chimneys and flues swept thoroughly annually by a fully-qualified sweep, at least once a year.
- Be careful when using gas-powered tools and equipment inside rooms.
- Do not leave a gasoline-powered motor running in a garage, for example, motorbikes, cars, or lawn mowers.
- Never bring a BBQ into an enclosed space e.g. tent/indoors.
- Never use a generator within 20 feet of a window, door or vent.

Who we are as a Trust

Our Mission

We exist because of a tragic accident. Our work is inspired by the life of the person we lost. Our mission is to raise awareness about the dangers of carbon monoxide and to prevent unnecessary loss of life. We are run by a committed group of individuals but rely on the help of other people to ensure the dangers of carbon monoxide are prominent in people's minds – most notably the vulnerable groups in society such as the elderly and university students living in low cost accommodation.

Our Vision

Our vision is that everyone in the UK understands the dangers of carbon monoxide and takes preventative measures to make sure that they do not fall victim to it, such as buying an audible alarm, having carbon burning appliances checked regularly and taking an alarm when travelling abroad.

"We won't rest until everyone in the UK understands the dangers of CO and takes steps to ensure they don't fall victim to it. It's vital that people have an audible alarm."

Gordon Samuel



What we've done

Events;

Quiz night. Swishing event. 10ks. Boston, Amsterdam, Paris and London marathons. London to Paris cycle ride. UK Coast to Coast cycle ride. Cycle ride from Venice to Dubrovnik. Sponsored trophy for Wokingham netball tournament.

Donations;

Marston Meysey village was close to Katie's heart - KHMT contributed to the village defibrillator. Donated alarms to Home Start - Merton, Sutton and Cirencester branches, Wimbledon Guild, Cirencester Churn Project, Independent Age, British Red Cross, Memory Clinic at Wokingham Community Hospital, The Almshouse Association. Gave £30K to CO survivor Roland Wessling to support a PhD student carrying out research at Cranfield University

Awareness;

Taken stands at University Freshers fayres and the NUS Conference. Asked people to share a selfie with their CO alarm. Encouraged people take a CO awareness pledge for Katie's birthdays in 2017/8. Contributed to Which? magazine online blog. The historian Dr Suzannah Lipscomb was a schoolfriend of Katie's and focussed on CO for this reason in her BBC programme - Hidden killers of the Post War home. Eddie Hughes MP mentioned our charity in his first reading of his Ten Minute Bill on CO. Liaised with Plumb Center (in their No to CO campaign), Gas Tag, RoSPA, Wilkins Chimney Sweep on CO awareness. Live radio and TV interviews and Local/National newspapers. Active social media accounts, Facebook/Twitter.



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What we want to see change

Law change.

- Under current regulations from 1st October 2015, landlords in England and Wales are required to install a CO alarm in any room that is used partly or wholly as living accommodation which also contains an appliance which burns, or is capable of burning, solid fuel i.e. a wood burning stove.
- In addition, the landlord is specifically required to check CO alarms installed are in proper working order on the day a tenancy begins only where it is a new tenancy (on or after 1st Oct 2015). Government guidance is then checking responsibility is the tenants, but landlord needs to make sure tenant does.

This relates to private landlords, there is an exemption for providers of social housing. However our view is that current legislation can be confusing to both landlords and tenants

Issue? Solid fuel only covers about 8% of the rented property stock, leaving the vast majority of renters who have non-solid fuel potentially at risk (2.7m renters). In Scotland there is no distinction and landlords are legally required to provide CO alarms in the rooms of rented properties containing any fuel-burning appliance. Where's the consistency?

We support the new bill extending this requirement to non-solid fuel, led by Barry Sheerman MP and Eddie Hughes MP and recently supported by The House of Commons Housing, Communities and Local Government Committee

What we want to see change

- We would like to see the extension of the landlords bill to cover non-solid fuels
- We would like to see Government or Industry funded safety adverts warning about CO
- We would like to see CO included as a mandatory check in post mortem
- We would like to see all commercial residential venues in UK have a mandatory requirement to have audible CO alarms, B&B's, care homes, guest houses, hostels, hotels, students halls of residence
- We would like to see properties being used as a business venture for child minders have a mandatory requirement.
- We would like to see all new builds come with mandatory CO alarms. CO alarms are a mandatory requirement for all new homes built in Northern Ireland after a change to The Building Regulations (Northern Ireland) 2012 came into operation on 31 October 2012.
- People's general awareness of the dangers of CO increase to the point it is commonplace as fire safety, in particular the elderly with recent CO Be Alarmed research identifying 4.5 million pensioners do not have a carbon monoxide alarm installed in their homes
- Ultimately some regulatory consistency!

Videos

First film – Sound The Alarm
Can this be played when I get up please

https://youtu.be/T9_auaoxHzY

Second film – Cause for Alarm
Can this be played when I end please

<https://youtu.be/z9RiuL6UWEM>