

The NHS logo is located in the top right corner of the page. It consists of the letters 'NHS' in a white, sans-serif font, enclosed within a white rectangular box with rounded corners. The background of the entire page is a photograph of two firefighters in silhouette, working at a fire. One firefighter is standing on the left, and another is kneeling on the right, holding a hose that sprays water. The scene is filled with bright orange and yellow flames and smoke, creating a dramatic, high-contrast environment. The top of the page features a blue sky with white clouds and a sunburst effect behind the main title.

NHS

sunshine

SAFETY SPECIAL

**Smoke alarms
save lives**

**Going out
with oxygen**

Winter safety

**Taking care
at home**

The magazine from Air Products Healthcare
for oxygen users & their carers

**AIR
PRODUCTS** 

The Air Products logo is located in the bottom right corner. It features the words 'AIR' and 'PRODUCTS' in a bold, sans-serif font, stacked vertically. To the right of the text is a stylized graphic element consisting of three slanted parallel lines of increasing length, resembling a flame or a modern 'A'.

Smoke alarms save lives:

Protect you and your home with smoke alarms:

1. Test the batteries every week. Never disconnect them or take them out if the alarm goes off by mistake
2. If you can't fit the alarm yourself, contact your local Fire Service who may be able to fit it for you
3. Most house fires happen at night, so make sure your alarm is in a position that will wake you up, and sited to clear your escape route ie the landing



Going out with your oxygen equipment:

Never use oxygen in a fuel station and never smoke while using oxygen in the car.

If you have a concentrator you can transport it by car, provided you follow some basic advice:

1. Don't take it overseas as it may not function properly and if anything goes wrong, then we will not be able to offer support to put it right
2. Always carry it in an upright position, preferably on the back seat with the seat belt around it, please don't lay it on its side
3. If you are going away for a few days in the UK, then it is OK to take your concentrator with you providing you are travelling to an area covered by Air Products

Always remember:

- When used correctly oxygen is safe
- Do not use oils or grease with your oxygen equipment
- Ensure that your hands are clean when handling your equipment
- Only use water-based face creams and moisturisers when using your oxygen



Smoking:

Worryingly, so far this year we have been notified of 28 patients who have injured or killed themselves by smoking when using their oxygen. So, we wanted to take this opportunity to remind you of some key safety information:

1. Never smoke or let someone else smoke near you while using your oxygen
2. Your oxygen equipment should be kept away from naked flames such as gas cookers, open fires and candles
3. We recommend that you use your equipment in a well ventilated area, by keeping a door or window open.



Winter safety:

Every season brings its own challenges when looking after yourself and your oxygen equipment. It is important that you take care by:

- Being prepared for electrical power failures and ensure your back up oxygen cylinder (the large black one) can be easily reached. Keep a torch handy with extra batteries, a radio and blankets for warmth. Remember cordless phones do not work in a power cut, but a mobile phone will
- Wearing several layers of lightweight clothing will keep you warmer than wearing a single heavy coat. Gloves and a hat prevent the loss of body heat and a scarf can protect your lungs
- Eating well, particularly before going outside, stocks up the calories which will be used for fuelling the body's natural heating system
- Only use electrical appliances for their intended use; hairdryers are not suitable for unthawing pipes or drying clothes. Don't 'tuck-in' an electric blanket and always unplug it when not in use



Safety in the home:

Candles always make a place look pretty, but it's still dangerous for you to be around them when you're using your oxygen. Why not invest in some electric or battery operated lighting and your home will still look lovely while you and your family will be safe.



When turning on the heating and possibly even lighting a fire will keep you warm, but please remember you need to make sure that there is at least 3 metres (10 feet) between the heat source and you.

Having a house full of family and friends means it's easy to forget that your cylinders and concentrator can be tripped over, so to save stubbed toes, falls and potential damage try to make sure your equipment is kept out of the way.

Never place your oxygen concentrator near curtains or cover with clothing as this will restrict air circulation. Always turn off your machine when you are not using it.

Don't use extension leads to connect your concentrator unless instructed by Air Products.

Check your oxygen tubing regularly for any obvious signs of damage such as kinking, flattening or splitting. Take care to ensure tubing does not become trapped as this will restrict the flow of oxygen.

A final thought:

Fire is a very real danger for everybody and we all need to be aware of how we can do our bit to avoid it.

If you haven't had a free home fire risk assessment, then give your local fire service a call. Also, spend a couple of minutes today checking your smoke alarm batteries. Remember, nothing is more important to us than your safety.