

Home / Press Releases /

# National Grid alerts Anglia Ruskin University students to 'silent killer'

## National Grid spreads carbon monoxide safety message

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- **Safety tips to protect Anglia Ruskin students**
- **Free carbon monoxide alarms for students**

National Grid is urging Anglia Ruskin University students to protect themselves against a 'silent killer' stalking Britain – carbon monoxide gas.

National Grid staff will be dispensing vital safety tips and offering free carbon monoxide alarms tomorrow (4 November) at the Students' Union, at the University's Cambridge campus.

Students are especially vulnerable to carbon monoxide poisoning. The company is raising awareness in a bid to cut deaths and injuries from the deadly gas.

Known as the 'silent killer' because it can't be seen, smelt or tasted, it is responsible for some 40 deaths every year. A further 4,000 people visit accident and emergency departments with symptoms of poisoning.

National Grid is attending a series of events at universities across the country to spread the safety message. The programme has been organised by Aston University student Ralf Quist, who is working at the company on a year-long industrial placement.

Ralf said: "Students can be particularly at risk from carbon monoxide poisoning. For a lot of us it will be the first time we've had to organise our own accommodation.

"You can protect yourself from carbon monoxide poisoning with a few basic steps: wherever you are living, make sure you have an audible carbon monoxide alarm. These alarms cost as little as £20 – a bargain for something that could save your life.

"Ask for an up-to-date gas safety certificate for the property. By law, landlords must make sure that all gas appliances are serviced annually by a Gas Safe Registered engineer and they are legally required to provide tenants with an annual gas safety certificate.

"Finally, know the symptoms of carbon monoxide poisoning and what to do if you think you've been poisoned. If you think you have been poisoned move into the fresh air straightaway and call the National Gas Emergency Service on 0800 111 999. If someone has collapsed or is unconscious, call 999 or 112 immediately."

The six main symptoms of carbon monoxide poisoning are:

- Headaches
- Dizziness
- Nausea
- Breathlessness
- Collapse
- Loss of consciousness

These symptoms can be confused with flu or even hangovers but there are other warning signs that could indicate carbon monoxide poisoning. They are:

- Other people where you live are having the same symptoms
- The symptoms disappear when you leave the building or go on holiday but return when you come back
- The symptoms get worse when you are cooking or when the heating is on

There's more information about gas safety and CO poisoning online. Check out <http://www2.nationalgrid.com/UK/Safety/Carbon-Monoxide/> or [www.gassaferegister.co.uk](http://www.gassaferegister.co.uk)

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Notes for editors

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#### National Grid in the UK:

- We own and operate the electricity transmission network in England and Wales, with day-to-day responsibility for balancing supply and demand. We also operate, but do not own, the Scottish networks. Our networks comprise approximately 7,200 kilometres (4,474 miles) of overhead line, 1,500 kilometres (932 miles) of underground cable and 342 substations.
- We own and operate the gas National Transmission System in Great Britain, with day-to-day responsibility for balancing supply and demand. Our network comprises approximately 7,660 kilometres (4,760 miles) of high-pressure pipe and 618 above-ground installations.
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- Other UK activities mainly relate to businesses operating in competitive markets outside of our core regulated businesses; including interconnectors, gas metering activities and a liquefied natural gas (LNG) importation terminal – all of which are now part of National Grid Ventures. National Grid Property is responsible for the management, clean-up and disposal of surplus sites in the UK. Most of these are former gas works.

Find out more about the energy challenge and how National Grid is helping find solutions to some of the challenges we face at <https://www.nationalgrid.com/group/news>

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- > [Press Releases](#)
- > [Media contacts](#)

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- > [Our business](#)
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- > [Gas](#)
- > [Operating responsibly](#)
- > [Investor factsheets](#)
- > [Presentations and webcasts](#)
- > [Annual reports](#)
- > [Biographies](#)

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- > [Our business](#)
- > [Operating responsibly](#)
- > [Investor factsheets](#)
- > [Presentations and webcasts](#)
- > [Annual reports](#)
- > [Biographies](#)