

# Using Home Oxygen Safely



**FIRE  
SAFETY  
ADVICE**



West Yorkshire  
Fire & Rescue Service

Making West Yorkshire Safer  
[www.westyorksfire.gov.uk](http://www.westyorksfire.gov.uk)

# Top Tips

## DON'T

- ✗ Don't smoke or allow others to smoke in your home.
- ✗ Don't use any naked flame or other ignition source such as matches, lighters and candles whilst you are using oxygen or within 30 minutes of using oxygen.
- ✗ Don't cook whilst you are using oxygen or within 30 minutes of using oxygen.
- ✗ Don't use paraffin or oil-based cream or liquid on your skin if using oxygen equipment. Speak to your health professional or carer about using water-based cream instead.

## DO

- ✓ Do turn oxygen equipment off when it's not in use.
- ✓ Do keep oxygen equipment at least.
  - 3 meters (10 feet) away from open fires
  - 1.5 meters (5 feet) away from heating sources, ovens and static electric sources such as televisions, hairdryers and cooling fans
- ✓ Do open your windows whilst using oxygen.
- ✓ Do store oxygen cylinders in well-ventilated areas, not in enclosed cupboards.
- ✓ Do tell your health care professional or carer if there is a change in your medical or health condition which might compromise your fire safety within your home.

For instance, if you are prescribed medication that cause drowsiness, your mobility declines significantly, or you experience memory issues.
- ✓ Do share this information and advice with your family and friends.

## Important facts

- Oxygen itself is not flammable but, the more oxygen there is in the air, the faster a fire can progress and burn at a higher temperature.

- When you use oxygen equipment some of the oxygen is released into the air around you; your clothes and hair will become saturated with oxygen
- If an ignition source, such as a heater, candle or cigarette is ignited when using this equipment, or shortly after using this equipment, a fire could occur which may result in a **serious injury or death**.

# Take care around heat, sparks and fire

## Useful contacts

### For further information on

- **Fire safety in your home.**  
Call us on 0800 587 4536  
or see our website [www.westyorksfire.gov.uk](http://www.westyorksfire.gov.uk).
- **Your oxygen equipment.** Contact your oxygen provider (there should be a sticker with their number on the equipment or it will be contained within the instructions).
- **Giving up smoking.**  
Call the NHS Free Smoking Helpline 0800 0224332  
or see [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

