

SMELL SAFETY

HOW GOOD IS YOUR SENSE OF SMELL?

HEALTH, WELLBEING & SAFETY

Our sense of smell is our early warning system for hazards such as gas, smoke and spoiled food. Yet we often take it for granted and don't appreciate the vital role it plays in our lives.

Fifth Sense is working with Cadent, the UK's largest gas distribution network, to highlight the essential role that smell plays in our health, wellbeing and safety and enable people with a poor, altered or no sense of smell to stay safe and well at home.

There are simple steps you can take to stay SmellSafe at home. Read our advice overleaf, visit our website or contact the Fifth Sense team if you would like more information.



"I had a gas heater which got stuck on...gas escaped for hours but I was unaware. My partner came in and noticed and we aired the house. It was incredibly scary; I could have hit a light switch or some other ignition and then disaster."

**VISIT OUR
WEBSITE FOR MORE
SMELLSAFETY
INFORMATION**



GAS SAFETY

1

Get your gas appliances serviced every year by a Gas Safe Registered engineer. Visit gassaferegister.co.uk or call **0800 408 5500**

2

Fit a natural gas detector – these can detect dangerous and ignitable gas escaping and will sound an alarm to warn you of the danger.

3

Know what to do in the event of a gas escape - if your gas detector sounds, call the National Gas Emergency number for free on **0800 111 999*** immediately.

4

Sign up to your energy company's Priority Services Register (PSR). This is a free industry-wide register that supports energy companies to better look after customers who have additional communication, safety, or access needs. You can visit findmygn.co.uk and enter your postcode to find your Gas Distribution Network, then sign up for the PSR via their website.

FIRE SAFETY

Sometimes we can see a fire but a lot of the time our sense of smell can provide us with an early warning signal, something that those of us with a smell disorder are unable to rely upon.

Having smoke detectors installed and regularly tested is important for everyone.

- Install a smoke detector. The Fire & Rescue Services can do this for free
- Test regularly to make sure they are working
- After using a device/appliance please check everything is turned off

"I test my smoke alarms weekly. They are an essential resource for me so I can leave my kitchen when cooking and sleep well at night!"

FOOD SAFETY

People with a poor, altered or no sense of smell also face problems when it comes to storing and eating food. Without smell to act as an indicator of when something is starting to turn bad there is the risk of sickness or food poisoning.

There are of course visual signs such as discolouration that indicate when food has started to go off, but again smell is usually the first warning signal. As one of our members stated:

- Ask a friend, family member or neighbour to be your 'Designated Nose' and smell the food for you
- Stick to 'best before end' dates
- Label food with the date you opened it

"I have to depend on others to smell for me. My nose cannot tell me when I open the fridge that something has gone off. I check sell by dates but they aren't wholly reliable especially if the package has been opened. My partner and children always help me with this."