

Using oxygen equipment

Equipment safety

Home oxygen therapy is very safe provided you follow some simple guidelines:

- Follow your prescription (that is your flow rate and hours of use per day).
- Use only the oxygen equipment recommended to you.
- Secure cylinders to prevent them falling.
- Report any problems with the oxygen equipment to the supplier as soon as they occur. Do not attempt to repair your oxygen equipment.
- Ask your oxygen supplier for instructions on how to use the equipment in the home. They should also provide information on how to safely transport the equipment.
- If you have been prescribed oxygen for 24 hours a day, you may need a back-up oxygen cylinder. Discuss with your doctor whether this is the case for you.
- Make sure you have smoke alarms in your house.

Things to AVOID

Oxygen can make things burn quickly, so it is best to keep your oxygen equipment at least three metres from any sources of heat, naked flames, or something that could cause a spark. Here are some examples:

- DO NOT smoke or allow others to smoke in your home or near your equipment. This includes e-cigarettes.
- DO NOT put yourself or your equipment near matches, candles, gas appliances or open fires.
- DO NOT transport unsecured cylinders in a vehicle.

Things that are SAFE

It is safe to do most things while using your oxygen equipment. Some things commonly asked about include:

- IT IS SAFE to use oil heaters, air conditioners and electric blankets.
- IT IS SAFE to wear your oxygen equipment while taking a shower or bath, but remember that your concentrator is an electrical appliance and must not get wet.
- IT IS SAFE to wear your oxygen equipment while you exercise.

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