WAYS TO REDUCE HARMFUL POLLUTION FROM A WOOD STOVE

Always use your open fire or stove in line with the manufacturer and installer's guidance

Do not burn wet or treated/painted/ glued wood.

Make sure your open fire or stove is installed by a registered/ certified installer

Use a stove thermometer to understand how your wood stove is performing

Service your stove and sweep your chimney or stove pipe at least once a year.

Make sure that the ventilation system of your wood stove is clean, and has no blockages to prevent carbon monoxide build up.

Make sure you are using a sustainable wood supplier. To find a supplier in your area, scan the QR code or go to:

www.gov.uk/find-fuel-supplier

WHERE YOU CAN FIND OUT MORE

For some people, wood stoves are the only option for heating their home. However, for most homes in Oxford, there is a cleaner, safer alternative.

If you want to find out more about best practice and advice or about cleaner heating alternatives for your home, please visit:

www.oxford.gov.uk/FuelGood

do you FUEL GOOD?

www.oxford.gov.uk

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Canal & River Trust

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HOW TO REDUCE THE HEALTH IMPACTS! OF YOUR WOOD BURNING STOVE

For house and boat dwellers

do you FUEL GOOD?

THE PROBLEM

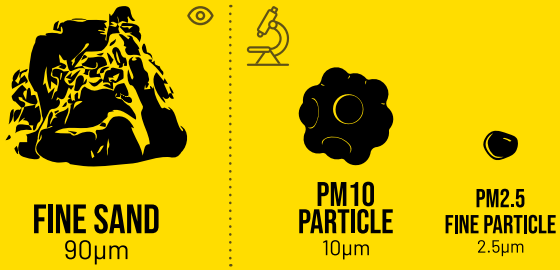
Domestic wood burning trebles the effect of harmful particulate pollution inside your home, released into the air when materials are burned. This negatively impacts on your health, the health of your loved ones, and contributes to an overall increase in air pollution. You can reduce the negative impacts of wood burning by changing the way you use your stove and the types of fuels you burn, and by burning less often.

WHAT IS PARTICULATE POLLUTION?

Particulate pollution refers to a mix of tiny solid and liquid particles that are in the air we breathe. Some particulates can be seen with the naked eye. Others are so small they can only be detected using an electron microscope. These particulates fall into two categories:

PM10: inhalable particles, with diameters generally 10 micrometers and smaller.
PM2.5: fine inhalable particles, with diameters generally 2.5 micrometers and smaller.

Small particles pose a greater risk because they can get deep into your lungs and enter your bloodstream.

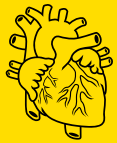


IMPACTS OF PARTICULATE POLLUTION ON HEALTH

Particulate pollution can have a serious impact on human health. It is especially harmful for children, the elderly, and those with illnesses or conditions such as asthma and emphysema. The negative impacts it can have on the body are shown below:

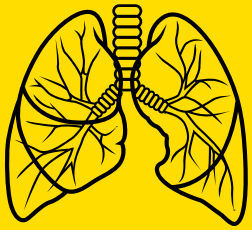
THE BRAIN

Headaches, anxiety and harmful effects on the central nervous system.



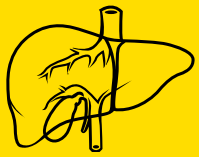
THE HEART

Problems caused throughout the cardiovascular system.



THE LUNGS

Irritation, inflammation, infection, asthma, chronic pulmonary disease and lung cancers.



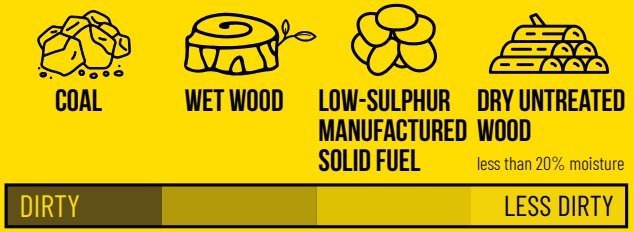
THE LIVER

Serious impacts on the liver, spleen and blood.

In Oxford, 5.52% of all deaths in people aged 30+ occur due to long-term exposure to PM2.5.

PICKING THE RIGHT FUELS

If you need to use a wood burner, we encourage you to use fuels from DEFRA's certified list of manufactured solid fuels or dry untreated wood. There will be less smoke and better heat efficiency.



Always look for the approved 'Ready to Burn' logo when buying fuel.

Ready to Burn wood is not only better for your appliance and chimney but will also reduce maintenance and fuel costs.

The Ready to Burn logo confirms that the fuel meets the sulphur, moisture and smoke emission limits

Burning 1 kg of dry untreated wood can provide up to twice as much heat when compared with 1 kg of wet wood.

How to turn wet wood into a cleaner fuel:

- Ask your supplier for advice on how to properly store and season wood at home
- Store wet logs in a dry area for at least two years before burning
- Use a moisture meter to measure the water content of the wood

Avoid burning treated wood that has been painted, stained or chemically treated.