

Finally the sun came out last weekend. Hooray! Jumpers and coats were put back in the cupboard, children's happy squeals called out over garden hedges, the chill in the air disappeared and the smell of logs burning on fires throughout the village was replaced with that of charcoal on barbeques.

Spring has sprung and summer is just around the corner. How a few rays and some fresh air can make us all feel a little bit better. But as with every season in this glorious, meteorologically challenging country there are dangers lurking around the corner. While we will inevitably sit in the garden musing over the latest reports in the newspapers about giant wasps from Europe, bigger spiders and stronger than ever sun rays, it is the hidden killer, Carbon Monoxide, which we should worry about more.

It is wrong to assume Carbon Monoxide poisoning is a winter-only issue, when faulty household boilers or other heating appliances can emit fatal levels of the deadly, colourless, odourless gas. Sadly we've already seen national reports of suspected deaths from carbon monoxide poisoning and it is important therefore that awareness is raised about the dangers of summertime recreational equipment such as BBQs and gas stoves, especially when used in confined spaces like tents or caravans.

The advice from safety groups is pretty obvious; don't use BBQs or stoves inside tents or caravans, don't place them near the sleeping area outside your tent, ensure adequate ventilation and use a portable carbon monoxide alarm. That way if you feel dizzy, nauseous or have a headache you'll know it is from the undercooked burger, the overconsumption of wine in the sun, or, if you are me, running around in circles to avoid being stung by a bee and not the silent killer, carbon monoxide poisoning.