



Using water safely



Pride in Our Homes, Proud of Our Neighbourhoods

LMH are committed to ensuring your home is as safe as possible. This leaflet contains information about things you can do to ensure the safety of you and your family.

Bath water that is too hot is responsible for the largest number of fatalities and severe scald injuries in the home. People who are vulnerable such as the elderly, very young children or those who have trouble sensing the water temperature are at the highest risk from scalding.

The NHS recommends the following as safe water temperatures:

- **44°C** for baths
- **41°C** for shower/washbasin applications.

You could consider measuring the bath temperature with a thermometer. Always run cold water first and then add the hot to get it to the right temperature. Use your elbow to test the temperature for about a minute before you put a young child in the bath. Never leave a child unsupervised in a bathroom.

Scalding

Please be aware that hot surfaces such as radiators and exposed pipes can cause scalding. Those who are vulnerable such as children or the elderly may be more at risk. Make sure that any dangerously hot surfaces are covered.



Faulty hot water systems

You may have heard of the danger of scalding from faulty water storage tanks. If you have a heating system with a storage tank in the roof space there is a small but serious risk. If the system is faulty, the immersion cylinder can overheat which could cause the water to be heated to dangerously high temperatures. Warning signs to look out for:

- excessive noise from the hot water cylinder
- unusually high hot water temperatures
- steam rising from the cistern or tank

If you think your hot water system is showing any of these signs please contact LMH Connect on



0300 123 2300



0800 678 1894

LMH CONNECT

and we will arrange for it to be checked.

Legionnaires Disease

Legionnaire's disease is a potentially fatal form of pneumonia caused by inhaling the legionella bacteria. It can affect anybody, but some people are at higher risk including those over 45, smokers, heavy drinkers, those suffering from chronic respiratory or kidney disease, and people with a weakened immune system. Legionella are bacteria that are common in natural water sources such as rivers and lakes and artificial hot and cold water systems, including storage tanks, pipe-work, taps and showers.

Reducing the risks of Legionnaires Disease

- run hot water through the taps or showers for about 5-10 minutes once every three months
- at least once every three months shower heads and hoses should be dismantled, cleaned and de-scaled
- any units which are not regularly used must be flushed through and allowed to drain either weekly or immediately before use
- Ensure that there are no unnecessary areas of stagnant or standing water.



Using water safely - Translation, braille, audio tape and large print available on request. Call us on 0800 678 1894

Uso seguro del agua - Traducción, Braille, cinta de audio y letras más grandes disponibles a solicitud. Llámenos al 0800 678 1894. (Spanish)

Sida nabadda ah ee biyaha loo isticmaalo - Turjumaad, farta braille ee dadka indhaha la', cajalad dhegeysi ah iyo far waaweyn ayaa la heli karaa marka la codsado Naga soo wac lambarka 0800 678 1894 (Somali)

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هب تا ع لظا نئیا تفایرد یارب دئیناوتیم دئیشاب لئام هچنانچ - ظوفحم روطب بآ فرصم ای و یتوصول راون یور رب طنبطض ای (نائیانئیبان صوصولم) لئرب فورح ای همچرت توصول دئیدئس اوخرد گرزب فورح اب پیاچ 0800 678 1894. (Farsi)

安全用水 如需翻译、盲文、录音磁带和大字版本，请随时索取 请拨打 0800 678 1894 与我们联系 (Chinese)

 0300 123 2300

 0800 678 1894

 LMH CONNECT

LMH offices

All offices are open Monday to Friday, 9.00am to 5.00pm.

Please note, on Wednesday all offices are closed from 9.00am to 10.30am for staff training.

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