



# HELIUM BALLOON SAFETY

*Please read before leaving the shop*

---

## **Why this matters**

Helium is a non-toxic, inert gas — but when inhaled, it displaces oxygen in the lungs. Because the body's breathing reflex is triggered by carbon dioxide, not by a lack of oxygen, there is no warning. No choking. No struggle. Loss of consciousness can occur within seconds. Brain damage and death can follow within a minute.

### **1. Never inhale helium.**

Not from a balloon. Not from a tank. Not for the high-pitched voice effect. It can kill an adult. It will kill a child more quickly.

### **2. Never let a balloon cover a child's face or head.**

Large foil balloons in particular can suffocate. Keep helium balloons away from small children when unsupervised, especially as they begin to deflate.

### **3. Dispose of helium balloons safely once the celebration is over.**

A partially deflated foil balloon left lying around the home is a hidden hazard. Deflate, cut, and bin. Do not release into the environment.

---

## **IN AN EMERGENCY**

If someone has inhaled helium and loses consciousness, call 999 immediately. If they are not breathing, begin CPR — the 999 operator can talk you through it.

---

**Sold by:**

Balloons For U Ltd & Events For U