



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:

Business name, address and contact details



Safety card provided by GO International — the UK's leading balloon and party wholesaler.