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## **QUIT SMOKING: NO PATCHES REQUIRED**

**Want to know how to give up smoking without using gum or patches? It's easy - you just need to learn how to light up properly!**

The Australian Home Heating Association (AHHA) want nothing more than for Australians to be able to breathe the air without having to inhale other people's smoke. Chimneys that billow grey or black smoke incessantly are giving wood heating a bad name, and preventing people from enjoying the warmth and ambience that a fire conveys.

To prevent excess pollution, anyone who owns a wood heater needs to know how to reduce emissions and prevent most of their heat from going up in smoke. If you find you can't stop puffing here's some hints from the AHHA on how to give it up.

### **HOW TO MINIMISE SMOKE FROM YOUR WOOD HEATER**

1. Burn only dry, well-seasoned wood.
2. Do not burn treated wood as it contains chemicals which are harmful to your health.
3. Use kindling and firelighters to get the fire started.
4. Never use petrol, kerosene or oil to start the fire.
5. Build small fires regularly and provide plenty of air, rather than having one large smouldering fire.
6. Add larger pieces of wood only after a bed of red hot coals has been established.
7. Don't pack your fire and leave it on a low setting when you go out.
8. Open the air controls after every addition of fuel until all the wood is burning well.
9. Don't close air supply totally overnight; a little air avoids a lot of smoke.
10. Make sure your wood heater is the right size for its purpose and properly installed.

Follow these tips and you'll ensure you get the most benefit for heating while minimising air pollution. Quit smoking - it's really that easy.

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**For further information or images contact Hannah Hempenstall, Media Officer,  
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