

GENERAL INFORMATION ON

# Carbon Monoxide SAFETY

Carbon monoxide is a highly toxic gas that is colorless, odorless, and tasteless making it difficult to detect without specialized gas detection equipment. Workers in industries such as manufacturing, mining, construction, automotive, boiler rooms, and agriculture can experience severe negative health effects and CO poisoning, without proper safeguards to provide early warning of hazards.

## PHYSICAL SYMPTOMS AND OSHA LIMITS



**0 PPM**

Recommended safe level



**50 PPM**

OSHA 8 hour average, fatigue, dizziness, or nausea after 6-8 hours



**200 PPM**

NIOSH 15 minute STEL, fatigue, dizziness, or nausea after 2-3 hours



**400 PPM**

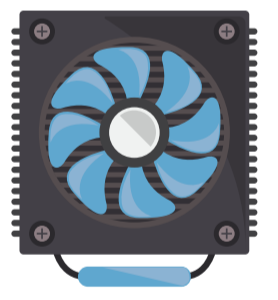
vomiting and confusion occurring in 45 minutes, unconscious in 2 hours, fatal in 2-3



**12,800 PPM**

Fatal within 1-3 minutes

## SAFE PRACTICES



### Ventilation

Ensure when working in a confined space that there is adequate ventilation



### Awareness and Training

Provide comprehensive training to workers on the hazards of CO, including its properties, sources, and safe work practices.



### Know the Codes

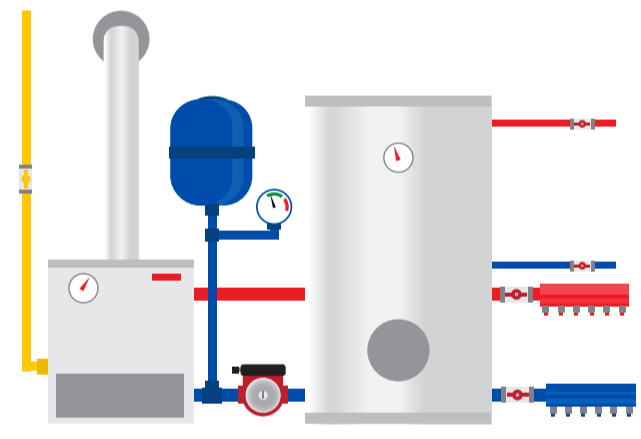
Familiarize yourself with the codes set by ICC, NBIC, NFPA, IFC, OSHA and NIOSH.



### Safety Systems

Install gas detection safety systems to protect workers near elevated levels of CO and to act as an early warning of potential exposure to prevent adverse health effects.

## HAZARD AREAS



**Boiler Rooms**



**Any confined space near or inside machinery**



**Cooking in an unventilated kitchen**



**An idle car or active generator in the garage**

& many more

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