

CARBON MONOXIDE

The Silent Killer

Some facts

- ❖ **Carbon Monoxide (CO) is:**
 - Colorless
 - Odorless
 - Tasteless
- ❖ Each year many people die from CO poisoning.
- ❖ CO can act on the body quickly in high concentrations, or slowly over long periods of time.
- ❖ It takes several hours to remove CO from human body, low concentrations can gradually build up in the blood, causing anything from headaches, nausea, to even comas and death.
- ❖ It can be formed when using equipment improperly or using malfunctioning equipment.
- ❖ It inhibits the blood's ability to carry oxygen to body tissues including vital organs such as the heart and brain. It takes about 5 hours for its levels in the blood to drop to half of its current level after exposure was terminated.

Common sources of CO



WATER HEATERS & FURNACES



FIREPLACES



PORTABLE PROPANE HEATERS



VEHICLE EXHAUST



SMOKING INDOORS



PORTABLE GENERATORS

CO Levels

- Fresh air 0.06 - 0.5 ppm
- Urban air 1 – 300 ppm
- Smoke filled room 2 – 16 ppm
- Cooking on gas stove 100 ppm
- Actively smoking cigarette 400 – 500 ppm
- Automobile exhaust 100,000 ppm

How to protect?

Awareness

- Raise awareness within team and family about CO.

Video 1

Video 2

Detection

- Use CO detectors.
- Conduct drills to test emergency response.



Fresh air

- Ensure good air circulation.
- Don't use charcoal grills or run engines inside enclosed facilities.