

Tools for Life – Weekly Health & Safety Meeting



— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: December 2022

Carbon Monoxide Safety

Carbon monoxide (CO) poses a serious threat to individuals both at home and on the job. According to the CDC, each year more than 400 Americans die from unintentional CO poisoning, more than 20,000 people visit the emergency room, and more than 4,000 people are hospitalized. CO poisoning is the leading cause of poisoning deaths in the US. Carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely.

Symptoms of CO poisoning are:

- Weakness
- Dizziness
- Nausea or vomiting
- Shortness of breath
- Confusion
- Shortness of breath
- Loss of consciousness



If you, or people around you, are experiencing these symptoms it is important to get them and yourself out of the area.

General Safety Tips:

- Never burn charcoal indoors
- Never leave a car running in a closed garage or poorly ventilated area
- Never use a generator in enclosed or partially enclosed spaces
- Never heat your house with your stove, this can lead to CO buildup

Illness Prevention:

Avoid the situations mentioned above. Have gas burning appliances and heaters regularly inspected by a professional to ensure there are no issues with using them in the workplace. Install carbon monoxide alarms on each floor of a building. The carbon monoxide alarms should be certified to the requirements of the latest safety standards for carbon monoxide alarms (UL 2034, IAS 6-96, or CSA 6.19.01). Test the alarms at least once a month and replace them according to the manufacturer's guidelines. People who are asleep or are intoxicated are very susceptible to CO poisoning and alarms are the only chance to alert them to danger before it is too late.

HEALTHY OR SAFETY REMINDER: Being exposed to CO for an extended amount of time can cause irreversible brain damage and eventually death.

Discussion Points/Quiz Questions:

1. What are some symptoms of CO poisoning?
2. What are some situations that may lead to CO poisoning?