



# Safety Tip of the Week

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## Carbon Monoxide: The Invisible Killer

Carbon monoxide is an odorless, colorless gas that often goes undetected, striking victims caught off guard or in their sleep.

### Sources of Carbon Monoxide:

- Running a “jumping jack” in a trench;
- Saw cutting or pressure washing indoors;
- Confined spaces along heavily traveled roads;
- Burning wood, paper, or plastic products;
- Welding when carbon dioxide shielding gas is used;
- Propane space heaters; and
- Forklifts indoors.



### Preventing Carbon Monoxide Exposure:

- Never use a generator indoors or in enclosed or partially enclosed spaces such as garages, crawl spaces, and basements.
  - Opening windows and doors in an enclosed space may prevent CO buildup.
- Make sure the generator has 3-4 feet of clear space on all sides and above it to ensure adequate ventilation.
- Do not use a generator outdoors if placed near doors, windows, or vents which could allow CO to enter and build up in occupied spaces.
- When using space heaters and stoves ensure that they are in good working order to reduce CO buildup, and never use in enclosed spaces or indoors.
- Consider using tools powered by electricity or compressed air, if available.
- Look for signs and symptoms in workers (shortness of breath, nausea, headaches and dizziness).

***EXPECT THE UNEXPECTED...ALWAYS BE PROTECTED!!!***