



Safety Tip of the Week

Carbon Monoxide Poisoning

Carbon monoxide (CO) is a colorless, odorless, toxic gas that interferes with the oxygen-carrying capacity of blood. CO is non-irritating and can overcome persons without warning. People die from CO poisoning, usually while using gasoline-powered tools and generators in buildings or semi-enclosed spaces without adequate ventilation

Symptoms of CO Exposure:

- Headaches, dizziness, and drowsiness; and
- Nausea, vomiting, tightness across the chest.



Preventing CO 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 three to four feet of clear space on all sides, and above it also, to ensure adequate ventilation.
- Do not use a generator outdoors near doors, windows, or vents where this would allow the CO to enter the area 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.
- If you experience symptoms of CO poisoning, get to fresh air right away and seek immediate medical attention.

SAFETY RULES ARE YOUR BEST TOOLS!