



TOOLBOX TALKS

CARBON MONOXIDE POISONING

Toolbox Talks are designed to promote safety discussions and best practices on the jobsite. To see more Toolbox Talks, please visit hollandcs.com/toolboxtalks.

Carbon Monoxide (CO) is a colorless, odorless, toxic gas which interferes with the oxygen carrying of blood. CO can overcome a person without warning. Many people have died from CO poisoning while using any of the sources listed below without proper ventilation.

CARBON MONOXIDE POISONING

EFFECTS

- Severe poisoning causes neurological damage, illness, coma and death

SYMPTOMS

- Headaches
- Dizziness and drowsiness
- Nausea and loss of consciousness
- If any of these symptoms occur, especially when working indoors, shut down the equipment, evacuate the building and call 911

CARBON MONOXIDE SOURCES

- Portable generators and generators in buildings that don't have adequate ventilation
- Furnaces and other appliances exhibiting an incomplete combustion process as noted primarily by flame structure and color that is not blue
- Compressors
- Space Heaters
- Diesel, gasoline and LP powered Equipment

PREVENTING EXPOSURE

- Never use diesel, gasoline or LP powered equipment indoors; if possible, use tools that are powered by electricity
- Be sure to open windows
- Do not place source near windows or air intake ducts
- Make sure a generator has 3-4 feet of clear space on all sides and above it
- Ensure all equipment that is used indoors is in good working order
- If you experience symptoms of CO poisoning get to fresh air immediately and get medical attention

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