

TOOLBOX TALKS

Carbon Monoxide Poisoning

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Discussion Date: _____

TOPIC: Carbon Monoxide Poisoning

Employee Participants: _____

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 gasoline powered tools and generators without proper ventilation.

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
- 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
- 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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