integrity safety services

Weekly Safety Meeting

Carbon Monoxide

Date: _____ Jobsite: _____

Discussion Leader:

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Attendance Sign- In:

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Summary

Carbon Monoxide (CO) is known as the **Silent Killer**, it is a colorless, odorless, toxic gas which interferes with the oxygen carrying of blood. CO can overcome a person without warning. Moe people are killed by CO poisoning than any other poison.

Guide for Discussion

Where does it come from?

Most of the CO we encounter comes from vehicle exhaust (Trucks, lifts). Other sources include small engines, such as compressors, pressure washers and paint sprayers. CO can also come from poorly working or exhausted furnaces and water heaters, blast furnaces, and boiler rooms. If the equipment is running poorly or has exhaust leaks, the amount of CO can be extremely high.

How can it hurt me?

The more carbon monoxide there is in the air and the longer a person is exposed to it, the greater the danger from CO poisoning. Exposure to carbon monoxide can result in:

Headaches	nausea
drowsiness or fatigue	lack of coordination
permanent damage to the heart or brain	death.

The action level recommended by NIOS is 35 parts per million(ppm). As you can see it does not take very much CO to present a hazard. CO poisoning has the same symptoms as the flu.

200 ppm Slight headache within two to three hours; loss of judgment

1600 ppm Headache, dizziness, and nausea within 20 min; death in less than 2 hours

How can I protect myself?

Be alert to ventilation problems, especially in enclosed areas where gases of burning fuels may be released.

The only way to truly detect CO is with a gas meter. This can be done with CO alarms or a handheld meter.

Additional Discussion Notes:

Other contractors is area, older equipment. _____

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Remember

You cannot rely on your senses to detect CO. Your best protection is constant monitoring of the surroundings you are working in. Always report symptoms before it is too late.

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