

Carbon monoxide (CO) poisoning is more common during the winter months as people increase their use of heating devices. Known as the silent killer, carbon monoxide is hard to detect because you can't see it or smell it. Any living or work area that is heated with a gas or wood-burning appliance that is not properly maintained (or is in a space that is not properly ventilated) is susceptible to carbon monoxide poisoning.

According to the CDC, each year more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 20,000 people visit the emergency room, and more than 4,000 people are hospitalized. CO poisoning is the leading cause of poisoning deaths in the US.

Symptoms of low to moderate carbon monoxide poisoning

- Headache
- Shortness of breath
- Fatigue
- Confusion
- Nausea
- Dizziness

Symptoms of high-level carbon monoxide poisoning

- Mental Confusion
- Vomiting
- Loss of consciousness
- Loss of muscular coordination
- Death

General Safety Tips

- Never burn charcoal indoors.
- Never leave your car running in a garage or any poorly ventilated area.
- Never heat your house with your stove – this can lead to a buildup of CO.
- Never use a generator in your house.
- Have gas-burning appliances and heaters regularly inspected by a professional to ensure there are no issues with using them inside your home.
- Install carbon monoxide alarms on each floor of your home.
- Test those alarms at least once a month and replace them according to the manufacturer's guidelines.

Remember This!

If you think you are experiencing any of the symptoms of carbon monoxide poisoning, go outside and get fresh air immediately. You could lose consciousness and die if you stay in the home.





Tool Box Talk/Safety Meeting Sign In Sheet

Energy Efficiency Specialists™

Email to chris@hudsonbayins.com or safety@hudsonbayins.com or text to (206) 730-6273

Topic: _____ Date: _____

Discussion Leader: _____ Job Name: _____

	Employee Name	Employee Signature
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Employee Comments, Concerns, Suggestions or Recommendations to improve workplace safety & health:

Please submit this document immediately upon completion of the meeting to the safety department and retain the original copy of this document in the Safety & Risk Management Plan.