

## Carbon Monoxide Poisoning

All fuels, even diesel and “cleaner” fuels such as propane create carbon monoxide. This gas is a common byproduct of any combustion process. Carbon monoxide is an invisible gas with no taste or smell. It is especially dangerous if it builds up indoors. It is slightly lighter than air, so it can hang around in enclosed spaces.

Most carbon monoxide exposures happen in the winter. The most common source is unvented space heaters.



### Safety Tips That Could Save Your Life

- Never use any equipment powered by an internal combustion engine (such as a generator or pressure washer) indoors or in an enclosed or partially enclosed space, such as a garage, crawl space, or basement.
- Before you start work, identify all potential sources of carbon monoxide exposure.
- Use electric tools or tools with separate engines that can be kept outside, away from air intakes.
- Tune and maintain engines and equipment regularly.
- Wear a carbon monoxide monitor, which employers should provide if there is a high potential of exposure to carbon monoxide. The monitor sounds an alarm when gas levels become unsafe.
- Watch for warning signs of carbon monoxide exposure: headache, faintness, dizziness, confusion, nausea, and irregular heartbeat.
- Do not ignore the warning signs in yourself or others near the fuel-burning equipment. Turn off the equipment, go outdoors, and call 911 for medical help.

### More Information:

CDC/NIOSH INFO: 1-800-CDC-INFO (1-800-232-4636 TTY: 1-800-232-6348

[Cdc.gov/info](https://www.cdc.gov/info)

## Safety Talk Sign-in Sheet Topic Carbon Monoxide Poisoning

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Crew: \_\_\_\_\_

Supervisor/Talk Leader: \_\_\_\_\_

Date: \_\_\_\_\_

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