

## Carbon Monoxide

Colorless and odorless, carbon monoxide (CO) is a toxic gas that interferes with oxygen distribution in the blood. Breathing in CO can impede coordination, hinder cardiovascular conditions and produce symptoms that mimic flu or food poisoning: fatigue, headache, chest tightness, weakness, confusion, disorientation, nausea and dizziness. High levels of CO can cause neurological damage, illness, coma and death.

Exposure to CO can happen when gasoline-powered tools and generators are being used without adequate ventilation.

### CO Sources

- Concrete cutting saws, compressors
- Power trowels, floor buffers, space heaters
- Welding, gasoline-powered vehicles and equipment
- Portable generators or generators in buildings

### To Prevent CO Exposure

- Never use a generator indoors or in enclosed/partially enclosed spaces such as garages, crawl spaces and basements. Opening windows and doors in an enclosed space may prevent CO buildup.
- Ensure a generator has 3 to 4 feet of clear space on all sides and above it for adequate ventilation.

- Don't use generators or other gas powered equipment for prolonged periods near doors, windows, or vents; this could allow CO to flow into the structure.
- Be sure space heaters and stoves are in good working condition to reduce CO buildup and never use them in enclosed spaces or indoors.
- Consider using tools powered by electricity or compressed air.

### If You Suspect CO Poisoning:

- Don't ignore symptoms, especially if more than one person is experiencing them.
- Get fresh air immediately; open doors and windows.
- Seek immediate medical attention.

**Emergency Poison Phone Contact; Call 1.800.222.1222 to reach medical experts 24/7**

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

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