



# CO Carbon Monoxide POISONING



**Carbon monoxide (CO)** is a colourless, odourless, toxic gas that interferes with the oxygen-carrying capacity of blood. CO is non irritating and can overcome people without warning. Many people die from CO poisoning, usually while using gasoline-powered tools and generators in buildings or semi enclosed spaces without adequate ventilation.

## Effects of Carbon Monoxide Poisoning

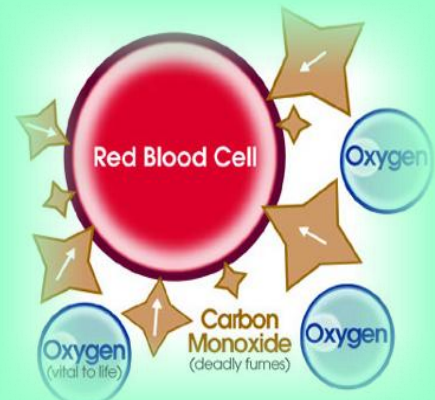
Severe carbon monoxide poisoning causes neurological damage, illness, coma and death.

## Symptoms of CO Exposure

- ☒ Headaches, dizziness and drowsiness.
- ☒ Nausea, vomiting and tightness across the chest.

## Some Sources of Exposure

- ☒ Portable generators or generators in buildings.
- ☒ Concrete cutting saws and compressors.
- ☒ Power trowels, floor buffers and space heaters.
- ☒ Welding.
- ☒ Gasoline-powered pumps.



## Preventing CO Exposure

- ☒ Never use a generator indoors or in an enclosed or partially enclosed space such as a garage, crawl space or basement.
- ☒ Make sure the generator has 3 feet to 4 feet of clear space on all sides and above it to ensure adequate ventilation.
- ☒ Generators should not be used near doors, windows or vents that could lead to CO build-up inside.
- ☒ When using space heaters and portable stoves, ensure that they are in good working order to reduce CO build up and never use in enclosed spaces or indoors unless they are approved for safe indoor use.
- ☒ Use pneumatic or electric tools when possible.
- ☒ Medical attention should be sought for symptoms of CO poisoning.

