

Safety Topic of the Month

Carbon Monoxide

All information gathered from NFPA.org and CSPC.gov

Carbon monoxide (CO) is a gas that is colorless, odorless and poisonous. With enough exposure, carbon monoxide can even make a person feel sick and can be deadly. Some sources in the home that can generate CO include any heating and cooking devices that burn fuel. If you suspect CO poisoning, get outside to fresh air immediately, and call 911.

PREVENTING CO POISONING

- When warming a vehicle, move it out of the garage. Do not run a fueled engine indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not blocked. Clear snow away.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove and fireplace are clear of snow build-up.
- Clear all debris from dryer, furnace, stove, and fireplace vents.
- A generator should be used outdoors. Use in a well-ventilated location away from windows, doors, and vent openings.
- Gas or charcoal grills can produce CO. Only use them outside.
- Have heating equipment and chimneys inspected by a professional every year before cold weather sets in.
- Open the damper when using a fireplace for adequate ventilation.
- Never use your oven or stove to heat your home.

SYMPTOMS OF CO POISONING

The initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever). They include:

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

High level CO poisoning results in progressively more severe symptoms, including:

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Ultimately death

SAFETY TIPS

- Have your home heating systems (including chimneys and vents) inspected and serviced annually by a trained service technician.
- Never use portable generators inside homes or garages, even if doors and windows are open. Use generators outside only, far away from the home.
- Never bring a charcoal grill into the house for heating or cooking. Do not barbeque in the garage.
- Never use a gas range or oven for heating.
- Open the fireplace damper before lighting a fire and keep it open until the ashes are cool. An open damper may help prevent build-up of poisonous gases inside the home.
- Install battery-operated CO alarms or CO alarms with battery backup in your home outside separate sleeping areas.