

# SAFETY TALK

Date:

**Environmental Health and Safety Newsletter** 

April 2016

### Carbon Monoxide

Carbon monoxide (CO) is produced when fossil fuels (such as gasoline or oil) are burned. Every year there are hundreds of cases of carbon monoxide poisoning worldwide. It is very dangerous for two reasons:

- Once in your body, carbon monoxide binds to your blood and reduces your body's ability to carry oxygen to your brain and muscles.
- You may not even be aware that you are being exposed to carbon monoxide because humans cannot see, smell or taste carbon monoxide.

#### Sources of CO

- Gasoline powered equipment produces high concentrations of carbon monoxide.
- Liquid propane equipment is also capable of producing high concentrations.
- Diesel equipment produces the lowest concentrations of carbon monoxide.

#### How to recognize an overexposure to carbon monoxide

- People who have been exposed to high concentrations of CO might complain of:
  - ⇒ Headaches or dizziness
  - ⇒ Nausea/vomiting
  - ⇒ Fatigue
- People who have been exposed to extremely high concentrations might:
  - ⇒ Faint/Lose consciousness
  - ⇒ Have cherry red lips and/or fingertips

#### How to prevent exposure:

- Use powered equipment in well ventilated areas
- Avoid using generators and other gasoline, diesel or LP powered
- equipment indoors

EHSF0047 (05/16)

- Provide additional ventilation in areas where powered equipment is in use
- Use carbon monoxide monitoring equipment to assess the work area concentrations of carbon monoxide

If you suspect that you or someone you work with has been exposed to carbon monoxide, move immediately to fresh air and seek immediate medical attention.

Department:	
Supervisor (please print):	
Supervisor Signature:	
Employee Participants:  **Please Print Clearly**	Signature

## **Environmental Health and Safety**

110 Suffolk Hall Stony Brook, NY 11794 Main Office: 632-6410 Fax: 632-9683

Supervisor must perform safety talk for the noted month and ensure all employees sign off on this form. Completed form is to be kept on file by department.

ehs.stonybrook.edu