

# MAFES Dawg Tracks

May 29, 2017



MISSISSIPPI STATE UNIVERSITY™  
MS AGRICULTURAL AND  
FORESTRY EXPERIMENT STATION

*Carbon Monoxide  
(CO) Safety*

Carbon monoxide is odorless, colorless and undetected, often striking victims off-guard in their sleep. This is why it has the nick-name or by-name of the “silent killer.”

According to the Centers for Disease Control and Prevention, more than 400 Americans die each year from unintentional Carbon Monoxide poisoning. It also revealed that over 20,000 visit the emergency room and more than 4,000 other are hospitalized. The Consumer Product Safety Commission say that about 170 people die each year from carbon monoxide poisoning derived from non-automotive products, such as room heaters.

## WHAT IS CARBON MONOXIDE?

- ✓ As mentioned, it is odorless, colorless and, if inhaled, can be fatal.
- ✓ Common sources-
  - ~Improperly maintained propane or gasoline-powered forklifts.
  - ~Malfunctioning heaters.
  - ~Pressure washers used in animal confinements.
  - ~Tractors and other motor vehicles running indoors.
  - ~Use of other gasoline-powered engines or tools indoors.
- ✓ Carbon monoxide can build up dangerous levels in cold storage, buildings, shops, barns and even your home without you knowing it.
- ✓ That’s why it is important to keep such equipment as forklifts properly tuned and to never burn gasoline or Propane powered equipment in poorly ventilated areas.

## SYMPTOMS OF CO POISONING-

You can become overcome with carbon monoxide poisoning without realizing it.

- Low-levels of CO may result in headaches, fatigue and possibly nausea.
- Symptoms that may indicate carbon monoxide (OC) poisoning are:

-Severe headaches	-Confusion
-Dizziness	-Disorientation
-Blurred vision	-Loss of muscle control
-Nausea	-Fatigue
-Vomiting	-Sleepiness
-Rapid heartbeat or pulse	-Tightening of the chest
-Fainting	-Loss of consciousness

## Carbon Monoxide – DO’S & DON’TS-

### **DO:**

- ~ Immediately leave a building and seek medical help, if you suspect signs of CO poisoning.
- ~ Know that CO poisoning can strike quickly.
- ~ Become familiar with the symptoms of CO poisoning.

## GUIDELINES FOR CO POISON PREVENTION-

- Follow the manufacturer’s instructions when operating fuel-burning appliances.
- Do not run a fuel-burning device unless you are in an area with adequate ventilation. Do not ever run these appliances in enclosed areas.
- Maintain your fuel-burning appliances on a regular basis. Do not try to use a defective appliance. A damaged heat exchanger on a furnace, a leaky chimney or a poorly tuned engine can result in carbon monoxide exposure.
- Be aware of the signs of CO exposure including headaches, nausea, dizziness, sleepiness, disorientation and sometimes red cheeks.
- If you should experience any of these symptoms with yourself or a co-worker- get yourself or them to fresh air and call for medical help.
- If necessary- if you are trained to do CPR do so until medical help arrives, if not try to have someone that is to start CPR.
- Assuming that there are alarm systems in the facility (where carbon monoxide may be present)–I earn the signals so that you can be familiar with what they mean, and that way you won’t interfere with the system.

## TIPS FOR PREVENTION OF CO IN THE HOME-

- Do not ever use your kitchen stove for a heater.
- Do not ever grill with propane or charcoal indoors.
- Enlist the services of an expert technician to conduct pre-winter inspection of common CO sources including the fireplace, furnace and hot water heater.
- Install a carbon monoxide detector in your home.

## WORKPLACE TIPS FOR CO PREVENTION-

- Ensure that you have an effective ventilation system that will move out the CO from the workplace.
- Ensure that furnaces, spaced heaters, water heaters and other gas-powered appliance are regularly inspected and maintained.
- Install CO alarms in all areas of your workshops to forewarn you of a CO alarm.
- Hold a short seminar or workshop to familiarize your employees with the dangers of CO gases and the symptoms of CO poisoning. Familiarize them with the two basic items of mitigating a person with symptoms of CO poisoning: get them out into fresh air applying CPR if needed and calling 9-1-1 for medical assistance.

### **DON’T:**

- ~ Enter building with CO poisoning without respiratory protection.
- ~ Run tractors or other motor vehicles indoors.
- ~ Use charcoal grills or camp stoves indoors.

**SAFETY IS A  
STATE OF MIND  
ACCIDENTS ARE AN  
ABSENCE OF MIND  
ACCIDENT PREVENTION-  
OUR #1 INTENTION**