

## Carbon Monoxide (CO)



Carbon monoxide is an odorless, colorless and toxic gas. Because it is impossible to see, taste or smell the toxic fumes, CO can kill you before you are aware of your exposure. At lower levels of exposure, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea and fatigue. The effects of CO exposure can vary greatly from person to person depending on age, overall health and the concentration and length of exposure.

CO is found in combustion exhaust, such as those produced by cars, trucks and small gasoline engines (generators).



***Gasoline engine (water pump) being operated inside a trench box (enclosed space); this is a potential hazardous exposure to carbon monoxide!***

### Concentration of Carbon Monoxide (CO) & Health Effects

% Volume of Air	ppm	Health Effects
.02	200	Possibly headache, mild frontal in 2-3 hrs.
.04	400	Headache, frontal, and nausea after 1-2 hrs.
.08	800	Headache, dizziness and nausea in 3/4 hour, collapse and possible unconsciousness in 2 hrs.
.12	1200	Headache, dizziness and nausea in 20 min.; collapse, unconsciousness, possibly death in 2 hr.

***Good example of generator exhausts being vented to the outside.***



