

7 HAZARDS OF CARBON MONOXIDE

Carbon monoxide poisoning results in headache, nausea, chronic tiredness, confusion, dizziness and sometimes coma or death. It effects people by cutting off the supply of oxygen to their muscles and brain. The harmful effects of carbon monoxide exposure depend on both the concentration of CO in the air and the length of exposure.

Concentration of CO in air*	Inhalation time and toxic symptoms developed
35 ppm (.0035%)	The maximum allowable concentration for continuous exposure in any 8-hour period.
200 ppm (.02%)	Slight headache, tiredness, dizziness, nausea after 2-3 hours.
400 ppm (.04%)	Frontal headache within 1-2 hours, life-threatening after 3 hours.
800 ppm (.08%)	Dizziness, nausea and convulsions within 45 minutes. Unconsciousness within 2 hours. Death within 2-3 hours.
1,600 ppm (.16%)	Headache, dizziness and nausea within 20 minutes. Death within 1 hour.
3,200 ppm (.32%)	Headache, dizziness and nausea within 5-10 minutes. Death within 30 minutes.
6,400 ppm (.64%)	Headache, dizziness and nausea within 1-2 minutes. Death within 10-15 minutes.
12,800 ppm (1.28%)	Death within 1-3 minutes.

*Maximum CO concentration for exposure at any time as prescribed by OSHA. Effects can vary significantly based on age, sex, weight and overall state of health.

Please protect yourself and your family!

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