



SAFETY TALK

Carbon Monoxide

For the heavy construction industry, engine exhaust is the major source of carbon monoxide (CO). Gasoline, propane and diesel engines all release CO. Some types of welding, furnaces and heaters can also produce CO.

Explain dangers

- CO is dangerous. It's a clear, colorless gas you can't smell or taste
- CO interferes with your body's ability to use oxygen. Even in small doses, carbon monoxide can kill you
- The first signs of carbon monoxide poisoning are headache and fatigue. More exposure can very quickly lead to loss of consciousness, arrested breathing, heart failure, and death

Identify controls

Maintain furnace and heaters to meet manufacturer specifications.

Whenever possible, operate engines outdoors. For instance, welding machines and generators can be located outside with only the leads running into the building.

When engines must be operated indoors, take these precautions:

- Make sure the area is well-ventilated. Keep doors and windows open. Use fans to bring in fresh air, if necessary
- Limit running time and don't let engines idle
- Monitor CO levels regularly to ensure ventilation is adequate
- Keep engines well-tuned. They will run cleaner and produce less CO
- Where possible, use electrically powered equipment. Avoid using gasoline-, diesel-, or propane-powered equipment
- When other controls are inadequate, respiratory protection must be worn

Demonstrate

- Point out sources of carbon monoxide on site
- Demonstrate how to use a detector
- Show how to ventilate indoor areas

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Performed by: _____

Concerns:

Employee Name:

Supervisor: _____

Location: _____

Corrective Actions:

Employee Signature:

