

## **The main sources of carbon monoxide in your workplace are:**

- Gas stoves
- Gas water heaters and furnaces
- Cars warming up in the garage
- Kerosene heaters

## **Installing your carbon monoxide alarm**

**Here are a few things to consider when installing your carbon monoxide alarm:**

- Install at least one carbon monoxide alarm outside of all offices (common area) in your workplace.
- Install carbon monoxide alarms where they can be heard.
- Carbon monoxide is roughly the same weight as air and will distribute evenly, so carbon monoxide alarms can be installed at any height.

## **What to do if your carbon monoxide alarm goes off**

**Here are the top three things you must do if your carbon monoxide alarm is activated:**

- Get everybody outdoors immediately.
- **Call 911** from a safe location.
- Keep all windows and doors closed, after everyone has left the building, to allow for an accurate reading of carbon monoxide levels.

## **Symptoms of carbon monoxide poisoning**

**The following are all symptoms of carbon monoxide poisoning:**

- Headaches
- Nausea
- Dizziness
- Fatigue
- Shortness of breath
- Flu-like symptoms

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