

7 HAZARDS OF CARBON MONOXIDE

Carbon monoxide poisoning results in headache, nausea, chronic tiredness, confusion, dizziness, and sometimes coma or death. It affects 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
50 ppm* (0.005%)	Maximum allowable concentration for continuous exposure in any 8-hour period.
200 ppm* (0.02%)	Slight headache, tiredness, dizziness, nausea after 2-3 hours.
400 ppm (0.04%)	Frontal headaches within 1-2 hours, life-threatening after 3 hours.
800 ppm (0.08%)	Dizziness, nausea and convulsions within 45 minutes. Unconsciousness within 2 hours. Death within 2-3 hours.
1,600 ppm (0.16%)	Headache, dizziness and nausea within 20 minutes. Death within 1 hour.
3,200 ppm (0.32%)	Headache, dizziness and nausea within 5-10 minutes. Death within 30 minutes.
6,400 ppm (0.64%)	Headache, dizziness and nausea within 1- 2 minutes. Death within 10- 15 minutes.
12,800 ppm (1.28%)	Death within 1-3 minutes.

For more information on CO ask about Bacharach's CO Regional Training Seminars.

**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.*