Carbon Monoxide (CO) is a poisonous gas that can cause permanent damage to parts of your body that require a lot of oxygen, such as the heart and brain. CO poisoning may result in neurological damage, illness, coma, or death. Symptoms of CO exposure include headaches, dizziness, drowsiness, nausea, vomiting, and tightness across the chest.

**CO POISONING RISKS**

Using gasoline, propane, or natural gas equipment (such as generators, heaters, forklifts, and scissors lifts) indoors or in partially enclosed spaces.

Using poorly ventilated stoves, portable heaters, or generators that burn fuel and are not designed for indoor use.

Operating an improperly installed or malfunctioning heating system.

Allowing vehicles to idle near fresh air sources such as doors, windows, and ventilation system air intakes.

**CO POISONING PREVENTION TIPS**

Move people with symptoms to fresh air and immediately get them medical treatment.

Heat and ventilate with properly installed and maintained equipment.

Ensure that all fuel-powered equipment is in a safe operating condition.

Do not use gasoline-powered equipment and tools indoors or in partially enclosed spaces.

Ensure that snow and ice do not block exhaust vents and pipes on buildings and vehicles.

Educate workers about CO sources and conditions that may result in poisoning.

Encourage employees to safely heat and ventilate their homes and to install CO detectors.

**CO POISONING RESOURCES**

Occupational Safety and Health Administration (OSHA) Providence Area Office

Rhode Island Department of Health
(401) 222-5960, www.health.ri.gov/healthrisks/poisoning/carbonmonoxide

Environmental Protection Agency, www.epa.gov/air/urbanair/co