

# TOOLBOX TALKS

# Carbon Monoxide Poisoning

Toolbox Talks are intended to facilitate health and safety discussions on the job site. For additional Toolbox Talks, please visit SAFETY.CAT.COM™

**SAFETY.CAT.COM™**

## TOPIC: Carbon Monoxide Poisoning

### General Information

Carbon monoxide (CO) is produced when fossil fuels (such as gasoline, oil) are burned. Every year there are hundreds of cases of carbon monoxide poisoning worldwide. It is very dangerous for two reasons:

- Once in your body, carbon monoxide binds to your blood and reduces your body's ability to carry oxygen to your brain and muscles.
- You may not even be aware that you are being exposed to carbon monoxide because humans cannot see, smell or taste carbon monoxide.

### Sources of CO

- Gasoline powered equipment produces high concentrations of carbon monoxide.
- Liquid propane equipment is also capable of producing high concentrations.
- Diesel equipment produces the lowest concentrations of carbon monoxide.

### How to recognize an overexposure to carbon monoxide

- People who have been exposed to high concentrations of CO might complain of:
  - o Headaches
  - o Dizziness
  - o Nausea/vomiting
  - o Fatigue
- People who have been exposed to extremely high concentrations might:
  - o Faint/Lose consciousness
  - o Have cherry red lips and/or fingertips
- How to prevent exposure:
  - o Use powered equipment in well ventilated areas
  - o Avoid using generators and other gasoline, diesel or LP powered equipment indoors
  - o Provide additional ventilation in areas where powered equipment is in use
  - o Use carbon monoxide monitoring equipment to assess the work area concentrations of carbon monoxide

**If you suspect that you or someone you work with has been exposed to carbon monoxide, move immediately to fresh air and seek immediate medical attention.**

### Thought provoking questions

- What are the sources of Carbon Monoxide in your work area?
- Are these sources controlled in terms of exhaust or proper ventilation?
- Are there any trucks, material handling devices or other equipment that need to be repaired for problems related to their exhaust systems?

Discussion Date: \_\_\_\_\_

### Employee Participants:

---



---



---



---



---



---



---



---



---



---



---



---

The material in this document is provided for informational purposes only and not as a comprehensive or exhaustive resource on this topic. This material has been compiled from a multitude of sources believed to be accurate; however, Caterpillar Inc. assumes no responsibility for the accuracy or currency of this information and encourages you to consult experts in this area for more information. In no event does the content of this document supersede any applicable local, state, or federal statutes or regulations.

Control ID: V0910.1

SAFETY.CAT.COM™

<http://safety.cat.com/toolbox>

CAT, CATERPILLAR, their respective logos, "Caterpillar Yellow" and the POWER EDGE trade dress, as well as corporate and product identity used herein, are trademarks of Caterpillar and may not be used without permission. © 2009 Caterpillar All Rights Reserved

