

# Carbon Monoxide Safety Topic

This section addresses the highly toxic and poisonous gas carbon monoxide (Carbonous Oxide) in the workplace.

## Overview

Carbon Monoxide is an invisible, tasteless and odorless gas that can be lethal to human beings. Due to its difficult detection, carbon monoxide is a serious concern in the work place, more notable in the industrial and automobile industry. Most commonly seen as a by product of motor vehicles/forklifts, OSHA has an exposure limit set at 50 parts per million (ppm).

## Symptoms of Carbon Monoxide Poisoning

- Headache
- Nausea/vomiting
- Dizziness
- Fatigue and overall weakness
- Confusion/disorientation

*If an individual shows symptoms of carbon monoxide poisoning seek fresh air immediately*

## Safety Steps

Identify and regularly inspect equipment that pose carbon monoxide issues (motor vehicles, furnaces etc). If working in an enclosed area (i.e. indoors) that is subject to exhaust from any type of motor vehicle, ensure that the area is properly ventilated and in some situations wear supplied-air respirators. Install carbon monoxide detection systems for employee safety.

For further information please contact OSHA at 800-321-6742 or  
visit [OSHA.gov](https://www.osha.gov)