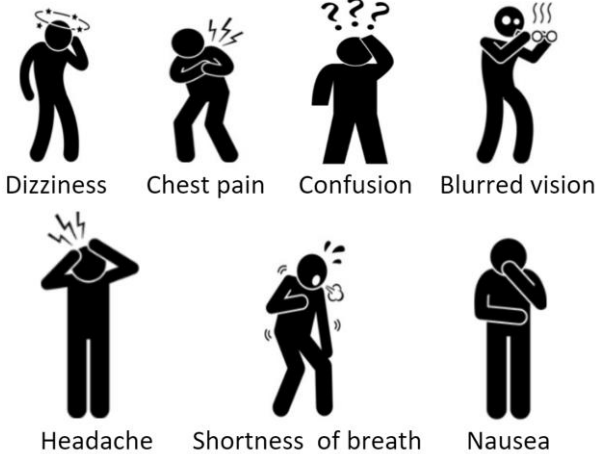


What is Carbon monoxide?

Carbon monoxide (CO) is a silent yet lethal gas that is impossible to detect without the right safeguards. Common carbon-fueled appliances emit it, and it can cause significant health problems like shortness of breath, seizures and can be fatal in extreme cases. This poster will help you identify CO sources and protect yourself and those around you.

What are the symptoms of CO poisoning ?



How do I protect myself?

- Understand the hazards
- Install Carbon Monoxide monitors
- Be aware & educate yourself
- Avoid using fuel-burning equipment indoors
- Implement an Emergency Response Plan
- Ensure proper ventilation



CO Sources:

- Gas-powered equipment
- Generators
- Automobiles
- Furnaces
- Gas stoves
- Fire Places



What if I have other concerns?

Report all hazards and Carbon Monoxide concerns to our Health & Safety team at <https://carleton.ca/ehs/cu-worksafe/>

In an emergency, seek medical care & call campus safety at 4444 on any campus phone or 613-520-4444 on any cell phone



Levels of Risk associated with CO:

- Low Risk (CO < 9 ppm): A few immediate adverse impacts on health. Potential health hazards over the long term from exposure.
- Moderate Risk (CO: 9-35 ppm): Headaches, nausea, dizziness, and exhaustion could develop. Heightened risk for sensitive individuals.
- High Risk (CO > 35 ppm): Severe symptoms such as disorientation & unconsciousness. Evacuate and seek immediate medical attention.
- Extreme Risk (high CO levels): Quick loss of consciousness and even death within minutes. Emergency medical care and an immediate evacuation are essential.