

## SYMPTOMS of CO POISONING at VARIOUS EXPOSURE LEVELS

- 9 ppm** Maximum allowable in living areas, no symptoms.
- 35 ppm** Maximum allowable in workplace during 8 hours, NO symptoms.
- 100 ppm** NO poisoning symptoms. Allowable for several hours.
- 200 ppm** Slight headache, tiredness, dizziness, nausea after 2-3 hours.
- 400 ppm** Frontal headaches within 1-2 hours, life-threatening after 3 hours.
- 800 ppm** Dizziness, nausea, and convulsions within 45 minutes. Unconsciousness within 2 hours. Death within 2-3 hours.
- 1600 ppm** Headache, dizziness, and nausea within 20 minutes.
- 3200 ppm** Headache, dizziness, and nausea within 5-10 minutes. Death within 30 minutes.
- 6400 ppm** Headache, dizziness, and nausea within 1-2 minutes. Death within 10-15 minutes.
- 12800 ppm** Death within 1-3 minutes.

## HOME FIRE SAFETY TIPS

### SMOKE DETECTORS:

- > The single most important life safety device in your home .....*when maintained!*
- > Have one on each level of your home *and* in each sleeping room.
- > Change batteries twice a year and test them monthly.
- > NEVER borrow it's battery for another use.

### REMEMBER-

Smoke Detectors are in the house to alert and save lives **BEFORE** the Fire Department can arrive to help.

### GENERAL:

- > Have a mounted ABC rated Fire Extinguisher near the kitchen exit.
- > Have a predetermined meeting place outside to gather in the event of an emergency.
- > Have a Fire Escape plan and practice it annually.
- > Have a minimum of 2 Exits from each room.
- > Dial 9-1-1 from outside your house or from a neighbors house.
- > NEVER GO BACK into a house that has a fire emergency!
- > Have your house address clearly posted and visible from the street. Have it on *each* side of your mailbox with minimum 4" digits.

## THE FACTS YOU NEED TO KNOW ABOUT CARBON MONOXIDE (CO)



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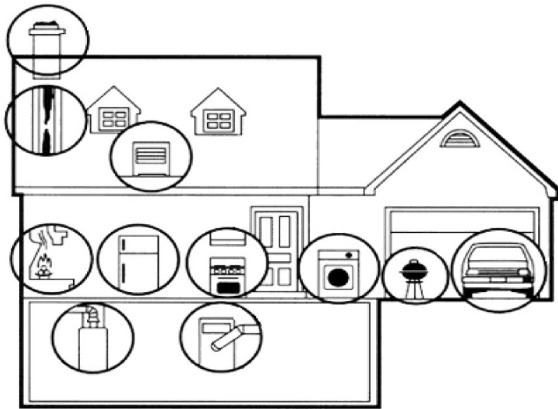
**STRONGSVILLE FIRE  
and  
EMERGENCY SERVICES**

440-580-3210

[www.strongsville.org/departments/  
fire-emergency-services](http://www.strongsville.org/departments/fire-emergency-services)

## What is *Carbon Monoxide*?

Carbon Monoxide is a by-product of combustion, present whenever fuels such as propane, gasoline, kerosene, natural gas, or wood are burned. Carbon Monoxide is an odorless, tasteless, colorless gas and can be fatal at high levels of exposure if undetected. Possible sources of carbon monoxide include: fireplaces, natural gas fired furnaces, water heaters, clothes dryers, portable kerosene heaters, and auto exhaust fumes.



*CO sources are located throughout the home.*

## Why is *Carbon Monoxide* Dangerous?

Carbon Monoxide is extremely dangerous because it attracts 200 times greater to hemoglobin than oxygen does. CO is breathed in through the lungs and bonds readily with hemoglobin in the blood, displacing the oxygen that cells need to function. When Carbon Monoxide displaces the oxygen in the bloodstream, a toxic compound known as carboxyhemoglobin rapidly accumulates and hinders the cells ability to function.

## What are the Signs & Symptoms of *Carbon Monoxide*?

At low levels of exposure to Carbon Monoxide, the poisonous gas presents signs and symptoms similar to the flu, such as: headache, fatigue, nausea, dizziness, confusion, and irritability. As Carbon Monoxide levels increase, vomiting, loss of consciousness, and eventually brain damage or even death can result. Individuals with medical problems, children, and the elderly are at greater risk of Carbon Monoxide poisoning than healthy adults.

## How can I protect my Family?

You may protect your family by having potential problem sources of Carbon Monoxide inspected and serviced regularly by a qualified professional. It is extremely important that any fuel burning appliances be properly vented to the outside. Prevention is always the key to accidents that occur in the home. Carbon Monoxide detectors can provide a critical, early first warning to the deadly gas.

## What to look for when purchasing a CO Detector.

There are many different manufacturers and types of Carbon Monoxide detectors on the market. When purchasing a CO detector, make sure it has a UL Specification 2034 on the package. This ensures the detector has met minimum safety standards. Consumer Reports reported that, in general, plug-in models were superior. The detector should also have a test/reset/silence button.

## Where is the best place to put my CO Detector?

It is always best to follow the manufacturers instructions on the proper placement of that specific CO detector. However, it is recommended that a CO detector be placed near the sleeping area. A second detector may be placed near the home's main heating source(s) for additional protection.

## What do I do if my CO Detector alarms?

If and when your detector alarms you need to ask one important question; "Do I or members of the family feel sick?" If anyone has a headache or upset stomach, call the fire department and immediately move to an area with fresh air. Then operate the reset button, turn off any combustion appliances, and ventilate the affected area. Discuss possible options with the fire department and have the problem fixed before restarting the appliance.

If no one is experiencing symptoms of CO, operate the silence/reset button. Ventilate the home and discontinue the possible sources of carbon monoxide. Call a qualified service professional to inspect for possible sources of carbon monoxide.

**The National Safety Council statistics show more than 400 people die from unintentional CO poisoning each year. More than 20,000 visit the emergency room, and more than 4,000 others are hospitalized.**