



# SAFETY TALK

## Carbon monoxide

Engine exhaust is the major source of carbon monoxide (CO) in the heavy construction industry. Gasoline, diesel and propane engines all release CO. Welding machines, furnaces and heaters can also produce CO.

### What's the danger?

- CO is a colorless, odorless and tasteless gas
- CO interferes with your body's ability to use oxygen
- Exposure can very quickly lead to loss of consciousness, trouble breathing, heart failure and death

### How to protect yourself

- Maintain furnace and heaters to meet manufacturer specifications
- Operate engines outdoors whenever possible

### When engines must be operated indoors, take these precautions:

- Make sure the area is well ventilated – keep doors and windows open and use fans for fresh air if needed
- Limit running times – don't let engines idle
- Monitor CO levels with a CO detector regularly to ensure ventilation is adequate
- Use electronically powered equipment where possible
- Respiratory protection must be worn when other controls are inadequate

### Demonstrate

- Point out CO sources on site
- Demonstrate how to use a CO detector
- Demonstrate how to ventilate indoor areas

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

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

Supervisor: \_\_\_\_\_

Performed by: \_\_\_\_\_

Location: \_\_\_\_\_

#### Concerns:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Corrective Actions:

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\_\_\_\_\_  
\_\_\_\_\_

#### Employee Name:

\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

#### Employee Signature:

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