

TOPIC: Carbon Monoxide (CO) – The Silent Killer

ACKNOWLEDGE: Thank you for being here and participating in this safety talk. I know your time is valuable, so I will ensure every moment of this talk is worth your while (*make eye contact with the entire group*).

Training Tips:

Ask a lot of questions: While delivering your Safety Talk, ask questions that ‘hook the mind’ and engage your participants. The simple act of asking questions is a High Impact Training technique!

Raise a hand when asking questions: Directed to your audience, you’ll often find that people are more willing to answer your questions and become active participants... try it out! Also, pause for a moment after asking a question; waiting for and encouraging responses from the group.

Provide an example of a personal experience: (or a recent news event) For instance: “A close friend of mine once _____”, or “Just last week _____”. This is a very effective method to help participants relate to your topic. It often helps them to realize: ‘Yeah, this could affect me. I should listen to this.’

ASK: Does anyone know why Carbon Monoxide is called the Silent Killer? (Encourage and wait for responses).

STATE:

- Carbon monoxide is a lethal poisonous gas produced by the incomplete combustion of any carbonaceous product including
 - Coal, Wood, Oil, Gasoline, Propane powered engines, tools and heating appliances.
- It is colorless, odourless, tasteless and non irritating and can overcome an exposed worker without warning.
- Recognizing early warning signs of CO exposure is difficult. The best clues can come from the scene itself.



ASK: What can be sources of deadly CO in our work environment?

Some sources may be:

- Gasoline powered equipment such as:
 - pressure washers,
 - compressors,
 - pumps,
 - small engines,
 - lawn mowers,
 - snow blowers etc.
- Cars, trucks, forklifts, both gasoline and propane fuelled.
- Fuel fired heating systems including overhead direct-fired units.
- Gas appliances and fireplaces.
- Welding equipment.

How to Recognize the Signs and Symptoms of CO Poisoning

The most common symptoms of CO poisoning are:

- Headache
- Dizziness
- Weakness
- Nausea
- Vomiting
- Chest pain
- Confusion
- A history of exposure CO

Myth Busters POP QUIZ!

- **SAFE or NOT SAFE:** The use of a gasoline powered engine indoors with a window open..
- **SAFE or NOT SAFE:** The use of a gasoline powered engine indoors if the windows and doors are open and an exhaust fan is running.

ASK: What do you think are examples of safe work practices and workplace controls (encourage and wait for responses)

- Gasoline/propane powered equipment or tools should be located outside and away from fresh air intakes.
- When engines are operated indoors – example motor repairs, local exhaust ventilation is required.
- CO detectors must be located throughout the work areas
- Ensure that equipment such as forklifts are maintained within recommended emission limits.
- Ensure adequate ventilation is provided for mobile equipment used indoors.
- Educate workers regarding the sources and conditions that may result in CO poisoning.
- Learn to recognize the warning symptoms of CO poisoning.
- Wherever possible, use engines and tools powered by electricity or compressed air instead of gasoline powered equipment for indoor applications.

Never use generators, pressure washers, other gasoline, propane, natural gas, or charcoal-burning devices inside the workplace, even near open doors and windows.

Emergency Procedures

Exposure to CO can cause loss of consciousness and death. Recovered workers may have long term Central Nervous System (CNS) impairment. Summon Medical Attention Immediately!

1. DO NOT enter the area; you could become the next victim.
2. Is the worker conscious?
 - a. Ask them to come out of the area
 - b. Assist them as required.
 - c. Call 911.
3. Is the worker unconscious
 - a. Call 911
4. In all cases
 - a. Restrict access and secure the area
 - b. Shut off all sources of CO if safe to do so
 - c. Open all doors, windows, turn on all exhaust systems if safe to do so
 - d. Account for all workers
 - e. Assist authorities as required



Facilitator, remember to:

1. Ask for the commitment of your employees,
2. Answer all questions,
3. Thank them for their time and
4. Document that this safety talk occurred.

RECORD OF SAFETY TALK	
Carbon Monoxide (CO) – The Silent Killer	
Company Name:	Work Location Dept.:
Talk Given by:	Date / Time:

Results of inspection, demonstration or other activity or suggestions during talk:

List of All Employees Who Attended the Safety Talk:	
Name (PRINT)	Signature
1.	
2.	
3.	
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Signed: _____ Position Held: _____