

# Safety Fact Sheet



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

## CARBON MONOXIDE: WHAT YOU NEED TO KNOW

Carbon monoxide (CO) is a colorless, odorless, and tasteless gas that when exposed to, it inhibits your blood's capacity to carry oxygen throughout the body.

### Signs of CO poisoning include:

- Headache
- Fatigue
- Nausea
- Dizziness
- Irregular breathing
- Mental confusion
- Unconsciousness
- Ultimately death

The best way to protect you and your family from carbon monoxide poisoning is to first practice prevention:

- Have your furnace and heating system inspected and serviced annually.
- Never run an automobile in the garage or any other type of enclosed space.
- Have your chimney and flue cleaned professionally.
- Make sure that the burner flames on your furnace and stove burn blue, not yellow-orange, and never use your gas range or oven for heating.
- Never use grills or hibachis inside your home.
- Never operate gas burning heaters or appliances in a closed room.
- Second, install at least one carbon monoxide detector in your home near the sleeping area. The detector should meet the Underwriters Laboratories Standard UL and should be tested monthly by pressing the test/reset button to ensure that it is working properly.
- If the alarm sounds, first press the reset button. If anyone in the home feels nauseous, dizzy or has a headache, exit the premises immediately and call 911. If no one feels any symptoms of CO poisoning, turn off all fuel burning appliances, vent the home and call a professional.