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Foreman: _____

Date: _____
G.C. _____

SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3 style="margin: 0;">Carbon Monoxide</h3> <ul style="list-style-type: none"> There are a significant number of occupational fatalities each year due to carbon monoxide poisoning. Carbon monoxide is a colorless, odorless, and tasteless gas, which makes it difficult to detect. It is a by-product of incomplete combustion. Any type of fuel that is burned, such as gasoline, diesel fuel, propane, and home heating oil, produces carbon monoxide gas. Carbon monoxide can build up very quickly in confined spaces, like sheds, trenches, and closed rooms. Open or large spaces, like underground parking garages, warehouses, or any poorly ventilated area, can allow carbon monoxide to build up to levels that can make you sick or worse. The initial symptoms of carbon monoxide poisoning are similar to the flu, but without the fever. They include dizziness, fatigue, headache, nausea, and irregular breathing. Symptoms of carbon monoxide poisoning do not seem serious but can quickly cause unconsciousness or death. If you have any of these symptoms, or if you feel better when you go out into fresh air and the symptoms reappear once you're back inside, you may be exposed to elevated levels of carbon monoxide. If you are working in an area where carbon monoxide may be present, make sure the area is well ventilated. For example, if you are working in a confined space and using a propane torch, install a temporary ventilation system before lighting the torch. If you are working in an area where you believe the carbon monoxide level may be high, evacuate the area and notify your supervisor immediately. Shut off the source of carbon monoxide, only if you can do so without being exposed. Otherwise, call the local fire department for assistance. If a coworker is overcome by carbon monoxide, move him/her to fresh air and away from the source of the carbon monoxide. Call for medical help immediately and notify your supervisor of the situation. If you are qualified, provide medical assistance if needed. 	<h3 style="margin: 0;">Instructor Tips</h3> <ul style="list-style-type: none"> Ask workers to name common sources of carbon monoxide on the job site. 																																																			
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