

Environmental, Health and Safety News

December 2012

We're Proud of Our Work



A New Year is Coming
Keep our Safety Efforts Humming!

Something to Think About!!

Faith is taking the first step even when you don't see the whole staircase.

-- Martin Luther King, Jr.

I asked Earl Brinker if there was anything he would like to add to this month's EHS Newsletter. His response was, "I would thank everyone for making safety their number one concern each and every day!"

So I will ask, "Do you truly make safety your number one concern each and every day?"

Carbon Monoxide Poisoning

We are now into the winter heating season and a time when there is a concern about carbon monoxide poisoning. When the windows are shut tight and fresh air circulation is reduced, beware of supplemental heating devices not approved for use inside a tight enclosure and even normal home heating devices that may need to be serviced to be functioning properly.

A carbon monoxide monitor is a great safety addition as a Christmas present to the family. A carbon monoxide monitor can provide an alert if heating devices are not working properly and carbon monoxide levels are elevated.

What you can't see or smell can be dangerous.

You can't see or smell carbon monoxide, but at high levels it can kill in minutes. Carbon Monoxide (CO) is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned. If appliances that burn fuel are maintained and used properly, the amount of CO produced is usually not hazardous. However, if appliances are not working proper or if they are used incorrectly, dangerous levels of CO can result.

Carbon Monoxide poisoning most commonly occurs this time of year. With the power outages

that can occur with winter weather this is a good time to talk about the signs and symptoms of CO poisoning.

There are lots of people who are overcome every year by carbon monoxide poisoning, many of those people die. This happens even when signs and symptoms are present because people fail to recognize that the symptoms are caused by carbon monoxide poisoning. Too many times the symptoms are thought to be a common ailment such as the flu. It is important to recognize the signs and symptoms.

The signs and symptoms of CO poisoning can vary, depending on the level of CO in the blood. There are actually three levels of CO poisoning: mild, moderate, and severe.

Mild CO Poisoning occurs with low carbon monoxide levels in the blood. These symptoms are generally:

- Drowsiness
- Headaches
- Nausea
- Poor coordination
- Vomiting

Recovery from mild CO poisoning typically requires being removed from the area where the carbon monoxide is present and breathing fresh air. Mild CO poisoning generally would not require medical attention.

Moderate CO Poisoning symptoms may include:

- Confusion
- Chest pain
- Shortness of breath
- Lack of consciousness
- Coma

People experiencing moderate CO poisoning may not be able to move themselves out of the



REMEMBER THE REASON FOR THE SEASON!! Merry Christmas!!

