

Keep Your Home Safe from Carbon Monoxide Poisoning

Carbon monoxide (CO) is an odorless, colorless gas that is found in combustion fumes such as stoves, gas ranges and heating systems. CO disrupts the flow of oxygen to the body and can poison people and animals. Depending on the amount inhaled, CO can impede coordination and produce fatigue, headaches, weakness, confusion, disorientation, nausea, dizziness, chest pain and even death.

Safety Tips

- *Make sure fuel-burning appliances are properly installed, maintained and operated.*
- *Whenever possible, choose appliances that vent fumes to the outside.*
- *Make sure flues and chimneys are connected, in good condition, and not blocked.*
- *Do not use unvented heaters in enclosed spaces.*
- *When using space heaters, crack the window to prevent carbon monoxide buildup.*
- *Have furnaces, water heaters, dryers, space heaters, ranges and ovens inspected annually by a CETP*-trained service professional.*
- *Do not use gas ovens or ranges to heat your home. They drain the oxygen in the room.*
- *Do not ignore symptoms of CO poisoning. If you believe you are suffering from carbon monoxide poisoning, get fresh air immediately and open doors and windows. Turn off combustion appliances and leave the house. Go to an emergency room and tell the physician you suspect CO poisoning.*
- *Consider placing a carbon monoxide detector in every level of your home and close to your sleeping areas.*

**Certified Employee Training Program*

