

Safety Training for Agricultural Workers



COLD WEATHER AND CARBON MONOXIDE POISONING

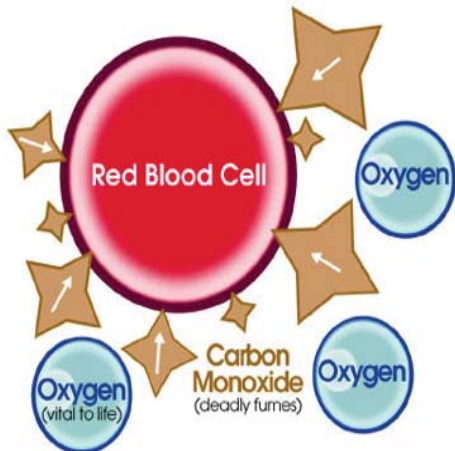


When the weather turns cold and wet, people who work outdoors often look for warm shelter in buildings or other spaces that might be heated by space heaters, stoves, fires or other ways of burning fuel.

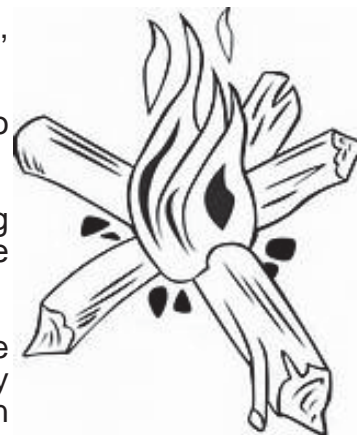
The incomplete burning of fuels such as wood, oil, kerosene, gasoline, coal, charcoal, propane and natural gas creates carbon monoxide.

Carbon monoxide is a gas that is slightly less dense than air. As it has no color, odor or taste, you can't detect its presence.

Carbon monoxide is poisonous to breathe. Your body can't live by breathing carbon monoxide. By breathing carbon monoxide, you can quickly become very ill and die.



Carbon monoxide poisons you because your red blood cells, which normally absorb oxygen from the air, absorb carbon monoxide faster than oxygen. Picking up carbon monoxide from the air prevents red blood cells from picking up oxygen. Without oxygen, you will die!



People with carbon monoxide poisoning often have a headache, dizziness, weakness, vomiting, chest pain, and confusion. By breathing in a lot of carbon monoxide, you could lose consciousness and die.

Determining that someone is suffering from carbon monoxide poisoning can be hard because sickness from carbon monoxide poisoning is similar to many other kinds of sickness. A person exposed to carbon monoxide while sleeping could die without ever knowing he or she was exposed.

Avoid carbon monoxide poisoning:

- Don't use a gasoline-powered generator, charcoal grill, camp stove or other fuel-burning device either indoors or outdoors near a window through which carbon monoxide could enter an occupied room.
- Don't run a car or truck in a garage attached to a house, even with the garage door open.
- Don't burn anything in a stove or fireplace with the vent closed.
- Don't use a gas oven to heat an indoor space.

If you feel dizzy or lightheaded or if someone nearby is feeling that way, move into an area with fresh air and get medical help immediately. Carbon monoxide poisoning is a medical emergency!

