

<b>Date: November 1, 2021</b>		<b>FAX THIS SHEET IN TO THE OFFICE AFTER YOUR MEETING!!!</b>	
<b>Project Number#:</b>	<b>Job Name:</b>	<b>Person Conducting Meeting:</b>	

## Carbon Monoxide

The cold weather is around the corner and will be here to stay. GC's are preparing by ordering temp heaters, running propane lines and installing poly over window and door openings. We need to be prepared for possible carbon monoxide exposures on our jobsites. What is Carbon Monoxide? What are the signs of over exposure? Attached to this T-B-T are answers to these questions. Review this information with your crew and answer any questions they have. On the back side of this sheet is a sample inspection form that will be issued and monitored by our Superintendents. This form will need to be completed periodically if you have temp heaters running on your jobsites to help ensure safe air quality.

Last week's Bonus Question:

**What is the address to the closest medical clinic we would take an injured worker to?**

**Answer: Depending on your jobsite, use the clinic map found in each foreman's gangbox to locate the clinic closest to the jobsite. If you need a clinic map, contact Dave, Sturg or Lindsey.**

For **inspection packets or repair tags** call **Dave Sangren @ (612) 644-3136** to have some delivered to your jobsite.

**Please call Dave if your jobsite is in need of hand sanitizer, bleach cleaner, masks, etc.**

**Any questions give Sturg a call (612) 221-8603**

**PLEASE PRINT YOUR NAME!!!**

_____	_____	_____
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Comments:

**As of October 28, 2021 we have worked 22 days without a Lost Time Injury.  
We have safely worked 36,102 hours towards our ATV goal of 150,000 hours!**

Toolbox Talks winner for last week: **Octavio Perez & Caleb Holm @ The Larking and  
Dave O'Brien @ Plymouth Creek**

This week's Bonus Question: **Do we have exposure to carbon monoxide on this work site?  
If so, what can we do to protect ourselves?**

Hint: **Look around your work area.**

*"Building a Safer Place to Work" one week at a time.*



## Carbon Monoxide

### **WHAT IS IT?**

Carbon monoxide – a colorless, odorless, tasteless gas (is one of the most common construction related health hazards.) It is the result of incomplete burning of any material containing carbon, such as gasoline, natural gas, oil, propane, coal or wood, produces this poisonous gas. Carbon Monoxide poisoning is the body's inability to carry oxygen in your blood through out your body. Mild exposure can cause such symptoms as nausea, dizziness or headaches while sever exposure can result in brain or hearing damage, or even death. The most common source of Carbon Monoxide in the workplace is from internal combustion engine.

Common producers of Carbon Monoxide within Olympic:

- Fireproofing pumps
- Cement mixers
- Welders
- Fork Truck (propane or gas)
- Temp Heat (if not provided with outside air)

### **ARE YOU LIKELY TO BE POISONED?**

If you have a heart condition, your condition may be aggravated by carbon monoxide.

Ingestion of barbiturates and alcohol may increase the gas' health effects.

Further, smokers will have higher carboxyhemoglobin than non-smokers, and therefore face higher risk from carbon monoxide exposures on the job.

### **What are the signs of over exposure of Carbon Monoxide?**

Breathing large amounts of carbon monoxide can kill in minutes. The more carbon monoxide in the air and the longer you are exposed to it, the greater the danger. Any one of more of the following symptoms can signal carbon monoxide poisoning: **headaches, tightness across the chest, nausea, drowsiness, inattention or fatigue.** As the amount of carbon monoxide in the air increases, more serious symptoms develop such as **lack of coordination, weakness and confusion.**

**The poisoning can be reversed if caught in time.** But even if you recover, acute poisoning may result in permanent damage to the parts of the body that require a lot of oxygen, such as the heart and brain. There is a significant reproductive risk involved with carbon monoxide. An American Journal of Industrial Medicine article quotes two studies showing that acute carbon monoxide exposures that were non-lethal to the mother were associated with fetal loss.

## ***WHAT CAN YOU DO ABOUT CARBON MONOXIDE?***

**If you suspect high levels of carbon monoxide, get out of the area and into the open fresh air.** Open the area up, and ventilate. Prompt action can make the difference between life and death. Call **Mike Sturgesleski @ (612) 221-8603** and let him know we need air monitoring done at your site. If you have someone with serious symptoms, get them out of the area, **CALL 9-1-1.**

## ***HOW CAN POISONING BE PREVENTED?***

### **Suggestions for Foreman & Lead Persons**

1. Install an effective ventilation (fans for makeup and exhaust) system to remove poisonous carbon monoxide from the area. Preplan, an open door or open stairway shaft may solve the build up of gases.
2. Maintain equipment in good order, adjusting flames, burners and drafts to reduce the formation of carbon monoxide. Provide outside air to all temporary heating devices.
3. Limit the amount of equipment indoors and pipe exhaust outdoors for stationary equipment.
4. Consider switching from fuel-powered equipment to electric or battery-powered machinery when possible, i.e. Forklifts is switched from propane to electric. Gasoline powered mixers to electric.
5. Monitor carbon monoxide regularly, test air in areas when carbon monoxide is generated or used. If the general contractor or sub-contractor is responsible for the equipment. Request their air monitoring records.
6. Instruct workers in the hazards of carbon monoxide and train them on prevention.

### **Suggestions for Workers**

1. Report to your foreman any condition that might make carbon monoxide form or accumulate.
2. Be alert to ventilation problems, especially in enclosed areas where gases of burning fuels may be released.
3. Report complaints early. Don't over exert yourself if you suspect carbon monoxide poisoning. Physical activity increases the body's need for oxygen and this increases the danger of poisoning.
4. If you get sick, don't forget to tell your doctor about the possibility of exposure to carbon monoxide.
5. Think carefully about your smoking habits. Tobacco, when burned, releases carbon monoxide that reduces the oxygen-carrying ability of the blood, even before any jobsite exposure is added.

## ***WHAT ARE THE FEDERAL STANDARDS?***

The OSHA standard for exposure to carbon monoxide prohibits construction workers exposure to more than 50 parts of the gas per million parts of air (ppm), averaged over an 8-hour workday. Air testing is necessary to verify these amounts.

**Any additional questions, please call Mike Sturgesleski @ (612) 221-8603.**

