



TALK LEADER INSTRUCTIONS

This is background information ONLY. Be sure to customize your talk to your operation and facilities.

- ✓ Print copies of this sheet for yourself and each of the participants.
- ✓ Lead a discussion with your workers about the materials on this sheet at a location that is appropriate to the topic. Be sure to give real life examples whenever possible.
- ✓ Be open to questions.
- ✓ Conclude with a brief review of the main points or a summary based on the discussion.
- ✓ Fill in your operation name, location and the date on your sheet. Have each worker sign your sheet to confirm their attendance.
- ✓ File your sheet in your worker training records to document the training experience.

WORK ACTIVITY

Carbon Monoxide is produced whenever carbon-based fuels such as diesel fuel, gasoline, natural gas, heating oil, wood, or other similar products are burned. The danger not only exists in homes with natural-gas powered furnaces, water heaters or stoves, but also in sheds, garages barns or shops where work is being performed with internal combustion engines or being heated with fuel-powered heating systems.

BACKGROUND

CO enters the body through the lungs during the normal breathing process. It replaces oxygen in the blood and prevents the flow of oxygen to the heart, brain, and other vital organs. When you inhale carbon monoxide, it reduces your body's ability to carry oxygen in your blood. The health effects can be very serious, even resulting in death. It's important to note that carbon monoxide is dangerous at any level. Even low exposure can result in damage to your health.

Key Points

Our farm is dedicated to making sure your health and safety are our priority. Please feel free to discuss any issues with a supervisor that you feel are affecting your health and safety.

Carbon monoxide interferes with the blood's ability to transport oxygen to body organs and can result in death at even very low levels. Because it is colorless and odorless, it is impossible to detect without instruments.

Carbon monoxide is often called the silent killer because it gives no clear warning to its victims.

Symptoms of CO poisoning are similar to cold, flu, and allergy symptoms. Low levels of CO poisoning can result in headaches, lethargy, weakness, nausea, and muscle aches.

Higher levels can cause paralysis, impaired judgment, coma, and death if left untreated.

What can you do to prevent exposure to CO?

- 1) Before starting any farm equipment do a pre-operational inspection to make sure that exhaust fumes will not enter the cab.
- 2) If you notice any farm equipment with damaged exhaust systems, please inform a supervisor and avoid using that equipment until it is safe to do so.
- 3) Do not use gasoline-powered tools in an enclosed or partially enclosed space (this includes under tarpaulins or plastic sheeting). Use alternatives when you need to do work inside, like electric tools or tools with

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CAUTION

If you have a building on your farm that has an appropriate and approved air exchange system where work using carbon monoxide producing engines can be done safely indoors, ensure that the air exchange system is maintained and working properly.

EMERGENCY PROCEDURES / CONTACTS

In case of incident or injury, call 911 or your local emergency services, then me / your supervisor.

engines that are separate from the tool and can be located outside and away from any air intakes.

- 4) When working with gasoline-powered engines outside, make sure the exhaust cannot enter any buildings through windows, doors or air intakes. (Example: When working inside a grain bin using a gasoline-powered grain auger, the exhaust needs to be vented away from the door of the grain bin.)
- 5) If you have symptoms of CO poisoning, immediately turn off equipment and move away from the area. Inform a supervisor and seek medical attention immediately.
- 6) Watch your coworkers for any sign of CO poisoning.

- 7) Report any potentially hazardous situations to a supervisor.

IMPORTANT: NEVER IGNORE SIGNS OF CARBON MONOXIDE POISONING.

What are some examples of types of tools and equipment that produce carbon monoxide on our farm?

1. _____
2. _____
3. _____
4. _____
5. _____

COMMENTS / SUGGESTIONS

Operation Name _____

Location _____

Meeting Leader _____

Date _____

TOOLBOX TALK PARTICIPANTS

Print name _____

Signature _____

Print name _____

Signature _____

Print name _____

Signature _____

Print name _____

Signature _____



CanadaFarmSafe
SécuriFermeCanada

This Producer Tool was developed by the Canadian Agricultural Safety Association (CASA). Conducting regular Toolbox Talks, or safety meetings, with farm workers is one component of establishing a comprehensive farm safety plan as outlined in the Canada FarmSafe Plan, CASA's business-risk management tool for health and safety on the farm. To download the core Canada FarmSafe Plan, visit casa-acsa.ca/CanadaFarmSafePlan, or contact CASA to learn more at 1-877-452-2272.

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