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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