



STATE SAFETY OFFICE
HEADQUARTERS, NEW YORK ARMY NATIONAL GUARD
330 OLD NISKAYUNA ROAD
LATHAM, NEW YORK 12110



SAFETY MESSAGE 18-01

Carbon Monoxide Kills!

Your home heating system could be hurting your family:

Carbon monoxide (CO) poisoning is a very real threat in our homes. Chances are your home heating system uses some type of combustion process to produce heat. Whether it is an oil-fired furnace producing hot air or water, or you have a wood stove, carbon monoxide is a dangerous by-product of its operation.

Carbon monoxide is a colorless, odorless gas that can cause health issues and possibly serious illness or death. Burning fossil fuels produces carbon monoxide. Some common sources are furnaces, wood stoves, portable generators, and cooking grills. These items must be installed correctly to prevent injury from CO gas. The Center for Disease Control (CDC) reports that from 1999-2004 there were an average of 439 fatalities in the United States from unintentional, non-fire related CO poisoning.¹ Deaths were highest during the month of January.

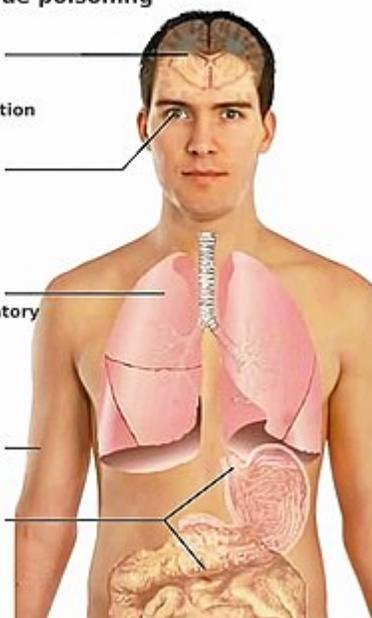
This diagram shows some symptoms
Of CO poisoning →

Some tips to prevent CO poisoning:

- Have your furnace inspected every year.
- Never use a generator inside your home or garage, even if doors and windows are open.
- Install battery-operated or battery back-up CO detectors near every sleeping area in your home.
- Check CO detectors regularly to be sure they are functioning properly.

Symptoms of Carbon monoxide poisoning

- Dizziness
- Headache
- Disorientation
- Impairment of the cerebral function
- Coma
- Visual disturbances
- Disease of the heart and respiratory
- Muscle weakness
- Muscle cramps
- Seizures
- Nausea
- Aggravation of preexisting diseases



¹ <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm5650a1.htm>

For more information on Carbon Monoxide poisoning, visit:

<https://www.cdc.gov/co/default.htm>

To find previously published Safety Messages go to our NYARNG Safety Website:

<http://dmna.ny.gov/safety/>

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