

Carbon Monoxide Poisoning – Know The Facts



It can Happen to You - Case Study

According to the American Journal of Industrial Medicine, even a few hours a day of exposure over several months can cause damage. After driving a propane-powered forklift for over 5 years, symptoms persisted to the point that a driver was diagnosed with chronic CO intoxication. The symptoms included fatigue, nervousness, loss of sensation in extremities, and clumsiness.

Chronic CO Poisoning - *what you should know*

The trouble with chronic CO poisoning is that it is generally undetected or is misdiagnosed as chronic fatigue syndrome or clinical depression. Associated symptoms are similar to the common flu, and include fatigue, lack of motivation, general lethargy, flushed face, and headache. These signs can persist for days and even weeks after the initial exposure. The longer you are exposed to some degree of CO, the greater your risk of developing side effects, some of which are irreversible like a change in personality.

Exposure Limit

The Time-Weighted Average Exposure Value (TWAEV) as set by the OSHA is 35ppm. That means that over an 8-hour shift, the maximum allowable long-term exposure for a worker is 35 parts of the deadly gas for every 1 million parts of air.

How does CO attack your body?

The carbon monoxide sticks to your hemoglobin instead of oxygen, so your body thinks that it is anemic. As a result it makes more red blood cells, which means thicker blood. Ultimately, you run the risk of blood clots forming, subsequently causing strokes in the brain or heart attacks or even gangrenous fingers and toes. Once the hemoglobin combines with CO it is no longer available to transport oxygen to vital parts of the body, like the brain and the heart.

The *Silent Killer* can be stopped!

The use of natural gas-powered forklift trucks can reduce carbon monoxide levels by up to 95% - you'd have to run **20 natural gas forklifts to get the same emissions from just 1 propane forklift**. Natural gas is the cleanest, safest, most convenient, and cost-effective fossil fuel available today. Composed primarily of methane (one carbon atom linked with four hydrogen atoms), natural gas burns cleaner than propane - which is composed of 3 carbon atoms and 8 hydrogen atoms. Because the carbon to hydrogen ratio is less in natural gas, less carbon monoxide is produced as a result of combustion.

So, as you start closing the doors, keep in mind that your staff is now at greater risk of CO poisoning. Please contact FuelMaker for a free cost analysis, and see how your present propane costs can pay for the natural gas, the refueling station, the forklift conversion, and save you monthly.

TIPS to Prevent Poisoning:

- 1. Know the signs: headache, faintness, dizziness, confusion, nausea, and irregular heartbeat. Continuing exposure can cause confusion, loss of consciousness, and even death.**
- 2. If you suspect poisoning, get some fresh air immediately.**
- 3. Report complaints early.**
- 4. If you get sick, make sure you tell your doctor that you may have been exposed to CO**
- 5. Maintain equipment in good working order.**
- 6. Ensure that your ventilation system is up to code.**

For more information, please contact FuelMaker Corporation at **1-800-227-6241** or cdninfo@fuelmaker.com

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