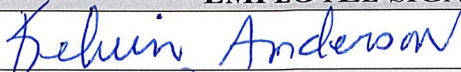
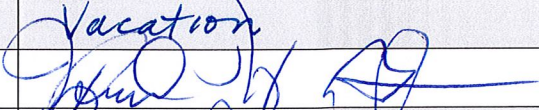
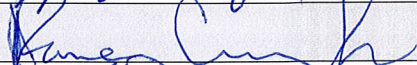



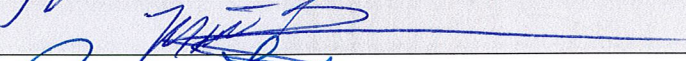

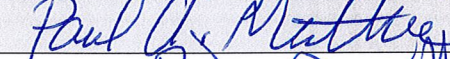
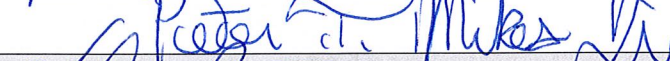
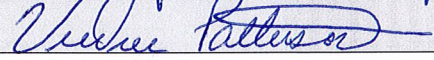


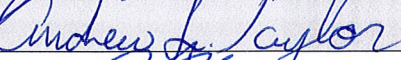





**TOWN OF LAKE PARK  
PUBLIC WORKS DEPARTMENT – Director: Richard Scherle  
SAFETY TRAINING**

Hosted by: Dwayne Bell	Date/Time: July 22, 2019
<b>SAFETY MONDAY</b> <b>Protect Yourself from Carbon Monoxide Poisoning</b>	
EMPLOYEE NAME	EMPLOYEE SIGNATURE
Anderson, Kelvin	
Bell Sr., Dwayne	Vacation
Butts, Howard H.	
Cunningham, Ronnie	
DaSilva, Manuel	
DuBois, James	J.D.
Harris, Jackie L.	Vacation
Hood, Bryan J.	
Hughes, Sheldon	
Jones, Matthew	
Leblanc, Paula	
Mathis, Paul A.	
Mikes Jr., Peter T.	
Patterson, Verdree	
Payne, Marvin D.	Vacation
Rossario, Henry	
Skrandel, James P.	
Taylor, Andrew	
Thomas, Michael	
Wisdom, Fensely	
Wylie, John C.	



# SAFETY MONDAY

## Protect Yourself from Carbon Monoxide Poisoning

According to the Centers for Disease Control, each year, more than 400 Americans die from unintentional Carbon monoxide (CO) poisoning not linked to fires, more than 20,000 visit the emergency room, and more than 4,000 are hospitalized. CO is a non-irritating, colorless, odorless, toxic gas which interferes with the oxygen-carrying capacity of blood. Many people die from CO poisoning in buildings or die in semi-enclosed spaces (e.g. Cab of a Truck or Heavy Equipment) without adequate ventilation.

### Symptoms and Effects of CO Exposure

The most common symptoms of CO poisoning are headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. CO symptoms are often described as "flu-like." If you breathe in a lot of CO it can make you pass out or kill you.

Do not use fuel powered tools, generators, trucks, or heavy equipment when:

- Indoors or in enclosed or partially enclosed spaces such as garages, fleet shops, transfer stations, or MRFs.
- Outdoors, if placed or parked near doors, windows or vents which could allow CO to enter and build up in occupied spaces.

### Preventing CO Exposure

- Read and understand your company's CO emergency response procedures. Contact your supervisor for more information.
- Open windows and doors.
- Use ceiling and floor fans to keep air moving toward exterior openings.
- Install CO detectors and alarm system.
- Consider using equipment powered by electricity, if available.
- If you experience symptoms of CO poisoning immediately get to fresh air and seek medical attention. Follow your employer's emergency policies and call 911.

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