CARBON MONOXIDE POISONING

Carbon monoxide (CO) is a poisonous, colorless, odorless and tasteless gas that is very difficult for people to detect. Once inhaled, CO displaces oxygen in the blood and deprives vital organs of this oxygen. Mild acute CO poisoning symptoms include lightheadedness, confusion, headaches, vertigo and flu-like effects. Larger exposures can lead to significant toxicity of the central nervous system and heart, and death.

To prevent CO poisoning, CO-producing equipment and appliances, such as water heaters and furnaces, should be maintained in good working order. Gasoline-powered engines and tools should not be used in poorly ventilated areas.

Installation of CO detectors can help prevent exposures and save lives. The Illinois Carbon Monoxide Alarm Detector Act (430 ILCS 135/) requires one CO detector to be installed within 15 feet of every room used for sleeping purposes. The Act also contains other important information regarding CO detectors.

When installing CO detectors follow the manufacturer’s instructions, including proper placement height, in order to keep everyone safe and healthy.

STAY SAFE AND HEALTHY THIS WINTER

Winter storms and cold temperatures can be hazardous. No one can stop the onset of winter. However, if you follow these suggestions you will be ready for winter.

HOME
• Install weather stripping, insulation and storm windows.
• Check heating systems and fireplaces for proper operation and ventilation.
• Install smoke and carbon monoxide detectors and test batteries monthly.
• Kerosene heaters and wood burning stoves should be used and maintained according to the manufacturer’s instructions.

VEHICLE
• Service your vehicle radiator and maintain anti-freeze level.
• Check tire pressure and tread and replace if necessary.
• Use wintertime windshield washer fluid.
• Prepare a winter emergency kit for the vehicle.

POWER OUTAGE/WEATHER RELATED EMERGENCIES
• Stock food that doesn’t require cooking or refrigeration, as well as water.
• Prepare an emergency kit for the home.
• Check on family and those who may be at risk from cold weather hazards.

OUTDOOR ACTIVITIES
• Wear appropriate outdoor clothing in layers and waterproof boots.
• Be aware of the chill factor and keep exposure to a minimum.
• Work slowly when performing outdoor activities.
• Provide adequate warm shelter and unfrozen water for pets that remain outside during the winter months.

TRAVEL
• Be aware of the current and forecasted weather conditions and advisories.
• Inform a friend or relative of your proposed route and expected time of arrival if you must travel in inclement weather.

For more information on winter safety and health, please visit the following websites:
https://www.travelmidwest.com/IMG/index.jsp
http://emergency.cdc.gov/disasters/winter/index.asp

SAFETY TIP
All In Favor Of Safety Glasses, Say “Eye”
(Anonymous)

TURN AROUND DON’T DROWN

Each year, more deaths occur due to floodling than from any other thunderstorm-related hazard. The Centers for Disease Control and Prevention report that more than half of all flood-related drownings occur when a vehicle is driven into floodwater. The next highest percentage of flood-related deaths is from pedestrians walking into floodwater.

People underestimate the power of floodwater. Many of the deaths occur in automobiles as they are swept downstream. A mere 6 inches of fast-moving floodwater can knock over an adult. It takes just 12 inches of rushing water to carry away a small car. It is never safe to drive or walk into floodwater.

Floodwaters also force deer and other animals out of their normal habitat and onto the roadways in search of shelter and food. Be cautious when driving and avoid incidents involving floodwater and animals.

For more information on floodwater, please visit the following website:
http://tadd.weather.gov/