

SAFETY TIPS: CARBON MONOXIDE POISONING



Carbon monoxide is an odorless, tasteless and colorless gas known as the "silent killer." The Centers for Disease Control estimates that carbon monoxide (CO) poisoning claims nearly 400 lives and causes more than 20,000 visits to hospital emergency departments annually.

GMR offers these tips to help protect your family from CO poisoning:



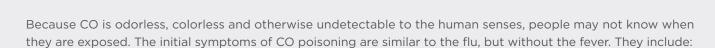
Have home heating systems (including chimneys & vents) inspected & serviced annually by a trained service technician



Never use portable generators inside homes or garages, even if doors and windows are open



Never use a gas range or oven for heating



- Headache
- Nausea

Dizziness

- Fatigue
- Shortness of breath



Open the fireplace damper before lighting a fire and keep it open until the ashes are cool



Install battery-operated CO alarms outside each sleeping area