



# CARBON MONOXIDE LEVELS

*Note: The chart below contains general information concerning acceptable carbon monoxide levels from various sources. It is recommended you check with local state government concerning acceptable levels in your area.*

<b>Concentration of CO in air</b> (ppm=parts per million)	<b>Exposure Times and Toxic Symptoms</b>
<b>9ppm</b>	The maximum allowable concentration for short term exposure in a living area according to ASHRAE.
<b>35ppm</b>	The maximum allowable concentration for continuous exposure in any 8 hour period according to US federal law.
<b>200ppm</b>	Maximum allowable concentration allowable any time according to OSHA. At this level symptoms include slight headaches, fatigue, dizziness, and nausea after 2 to 3 hours.
<b>400ppm</b>	Maximum allowable limit in flue gas according to EPA and AGA. At this level symptoms include headache, dizziness, and nausea within 1 to 2 hours. Life threatening after 3 hours of exposure.
<b>800ppm</b>	At this level symptoms include headache, dizziness, nausea, and convulsions within 45 minutes of exposure. Unconsciousness within 2 hours and death within 2 to 3 minutes after.
<b>1600ppm</b>	At this level symptoms include headache, dizziness, and nausea within 20 minutes of exposure. Death within 1 hour.
<b>3200ppm</b>	At this level symptoms include headache, dizziness, and nausea within 5 to 10 minutes of exposure. Death within 30 minutes.
<b>6400ppm</b>	At this level symptoms include headache, dizziness, and nausea within 1 to 2 minutes of exposure. Death within 10 to 15 minutes.
<b>12800ppm</b>	Death within 1 to 3 minutes.