Carbon Monoxide (CO) Monitoring
What You Need to Know

→ Monitor CO levels continuously if using indoor combustion sources.

→ Properly train anyone using a CO monitor.

→ Read manufacturer’s instructions to determine how often to check CO monitors and in what locations to place them.

→ Calibrate, maintain and test CO monitors regularly to ensure accuracy and reliability.

→ Use these three fundamental measures to help reduce hazardous CO levels:
  1) Effective building maintenance (specifically the HVAC system)
  2) Good building and ventilation design
  3) Thoughtfully designed and executed renovation projects

→ Ensure a performance profile of the building ventilation system to ensure proper ventilation.

→ In North Carolina the permissible exposure limit for CO in general industry and construction is 50 parts per million (ppm) averaged over eight hours.

→ The Immediately Dangerous to Life and Health (IDLH) level for CO is 1,200 ppm at any given time, according to the National Institutes for Occupational Safety and Health (NIOSH).

→ Best practice is to never allow CO levels to go above 150 ppm within any area at any given time.

Need More Information?
919-707-5900
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Adapted from: