

### Carbon Monoxide (CO) Exposure Limits

<b>PPM</b>	<b>Time</b>	<b>Comments</b>
35 – 50	8 hours	The maximum allowable concentration For continuous exposure in any 8 hour period, according to OSHA.
200	2 – 3 hrs.	Headache (mild)
400	1 – 2 hrs.	Headache (mild)
800	10 – 15 min.	Dizziness, nausea
1600	20 min.	Headache, dizziness, death within 1 hour
3200	5 – 10 min.	Headache, dizziness, death within 1 hour
6400	1 – 2 min.	Headache, dizziness, death within 1 hour
6000 – 8000	5 min.	Incapacitation
12,800	2 – 3 breaths	Unconsciousness
12,800	1 – 3 min.	Death