

Beware of Carbon Monoxide Dangers

Carbon Monoxide (CO) is produced when wood and fossil fuels like oil, natural gas, charcoal, kerosene and gasoline don't burn completely. If it builds up inside a home or other building – often as the result of faulty heating systems – it can kill humans and animals.

Carbon monoxide harms people by blocking oxygen from entering the bloodstream. It bonds to the hemoglobin in blood, preventing it from carrying oxygen throughout your body.

CO can't be seen, smelled, or tasted – that's why its called "the Silent Killer." Only a carbon monoxide detector can warn you that CO is present in your home or other buildings.

Watch out for these symptoms and take these measures to avoid CO poisoning:

CO poisoning in humans often feels like the flu, with symptoms like fatigue, muscle aches, nausea and headache, but can progress to disorientation, elevated heart rate, convulsions, organ damage, and even death.

When you're asleep, you can't feel CO symptoms. So make sure carbon monoxide detectors are installed in all bedrooms and sleeping areas of your home - they save lives!

Create An Escape Plan: Does your family know where to go and what to do if your smoke alarm or carbon monoxide detector goes off? If not, here are some planning tips:

Walk through your home with your children and point out all possible exits: doors, windows and fire escapes.

Sit down together to draw a map of your home, and mark the shortest escape routes from each room. This is smart for all kinds of emergencies requiring leaving your home.

Choose someplace safe and familiar outside of your home where family members can meet in an emergency after escaping the home – such as at a neighbor's house, a nearby street sign, or a lamp-post.

Pair young, elderly, or handicapped members of your household with an "escape buddy" who can help them safely leave the house during a fire or any other emergency. Do this in advance when planning for emergencies.

Hold practice escape drills every few months, both day and night, so your family is very familiar with the procedure if an emergency occurs.

CableOrganizer.com assembled these tips and offers products such as smoke alarms, carbon monoxide detectors, firestop caulks and sealants, and fire-rated lighting covers from trusted brands. See <http://CableOrganizer.com> or call toll-free at 1-866-222-0030.

