



Effects of Carbon Monoxide at Different Concentrations

PPM	%	TIME	EFFECT
35	0.0035	6 - 8 hrs	Headache & dizziness with constant exposure.
50	0.0050	8 hrs	Permissible Exposure Level - in any 8 hour period per OSHA.
100	0.01	2 - 3 hrs	Slight headache
200	0.02	2 - 3 hrs	Slight mild frontal headache, discomfort, loss of judgment, loss of vision, irritability. Should not be exposed to this level.
400	0.04	1 - 2 hrs	Frontal headache & nausea. Life threatening after 3 hours.
800	0.08	45 minutes	Dizziness, nausea, & convulsions insensible. Collapse within 2 hours & possible death
1,600	0.16	20 minutes	Headache, tachycardia, dizziness, & nausea. Confusion. Staggering. Death < 2 hours
3,200	0.32	5 - 10 minutes	Headache, dizziness & nausea. Unconscious 10-15 minutes. Death within 30 minutes
6,400	0.64	1 - 2 minutes	Headache, dizziness & nausea. Convulsions, respiratory arrest. Death < 20 minutes.
12,800	1.28	2 minutes	Unconsciousness after 2-3 breaths. Death < 3 minutes.