

# 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 1,200ppm 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

Occupational and Environmental Epidemiology Branch

N.C. Department of Health and Human Services - Division of Public Health  
[www.ncdhhs.gov](http://www.ncdhhs.gov) - [www.publichealth.nc.gov](http://www.publichealth.nc.gov)



Adapted from:

American Industrial Hygiene Association (2014) Improving Indoor Air Quality at Work. Retrieved from: <https://www.aiha.org/about-ih/Pages/Improving-Indoor-Air-Quality-at-Work.aspx>

Hoover, M. & Debord, G. (March, 2015) Turning Numbers, Sensors for Safety, Health, Well-being and Productivity. *The Synergist*.

North Carolina Department of Labor (NCDOL) (2014). "Hazard Alert, Carbon Monoxide Can Reach Deadly Levels Without Warning." Retrieved from: <http://>