

Carbon monoxide levels in the air What is normal? What is dangerous?

Carbon monoxide levels in the blood stream cannot easily be measured outside a medical setting. Carbon monoxide levels are often shown as concentration levels of parts per million (PPM) in the air *and* length of exposure.

Carbon monoxide Parts Per Million (PPM)	Time	Symptoms
0.2 PPM	-	Natural carbon monoxide levels in the air
35 PPM	8 hours	Maximum exposure of carbon monoxide levels allowed by OSHA in the workplace over an 8 hour period
200 PPM	2 to 3 hours	Mild headache, fatigue, nausea dizziness
400 PPM	1 to 2 hours	Serious carbon monoxide headache , other symptoms intensify Continued exposure: Life threatening after 3 hours
800 PPM	45 minutes	Dizziness, nausea, convulsions Unconscious within 2 hours Continued exposure: Death within 2 to 3 hours
1,600 PPM	20 minutes	Headache, dizziness, nausea Continued exposure: Death within 1 hour
3,200 PPM	5 to 10 minutes	Headache, dizziness, nausea Continued exposure: Death within 1 hour
6,400 PPM	1 to 2 minutes	Headache, dizziness, nausea Continued exposure: Death within 25 to 30 minutes
12,800 PPM	1 to 3 minutes	Death