

Carbon monoxide

Concentration	Effects
0 ppm	Normal, fresh air
9 ppm	Maximum recommended concentration for indoor living ambient (ASHRAE)
15 ppm	First level associated with impaired performance (WHO)
35 ppm	Maximum allowable concentration for continuous expose in any 8 hour period (NIOSH)
200 ppm	Maximum allowable exposure level for workplace (NIOSH & OSHA)
400 ppm	Headache within 1-2 hours. Life threatening after 3 hours
800 ppm	Nausea, dizziness, convulsions within 45 minutes. Unconsciousness and death within 2 hours
3200 ppm	Nausea, dizziness, convulsions within 5-10 minutes. Unconsciousness and death within 30 minutes