

Carbon Monoxide Quick Reference Guide

CO levels PPM	Time	Standard	Info
SPARROW			
1 – 2 ppm			<i>Low levels may be found in some environments</i>
9 ppm	For 8 hours	WHO (World Health Organization) & US EPA (Environmental Protection Agency) Standard for CO exposure in Outdoor Air	<i>Sensitive individuals are at greater risk to low levels of CO: Pregnant women, infants, elderly, and those with respiratory illnesses</i>
15 ppm – SPARROW's 1st alert level			
26 ppm	1 hour	WHO Guidelines for recommended exposure threshold	<i>Varying health effects with long-term exposure</i>
35 ppm	1 hour	US EPA Standard for Outdoor Air	<i>Not to be exceeded more than 1 time per year</i>
35 PPM – SPARROW's 2nd alert level			
52 ppm	30 minutes	WHO Guidelines for recommended exposure threshold	
70 PPM – SPARROW's 3rd alert level			
87 ppm	15 minutes	WHO Guidelines for recommended exposure threshold	<i>Headache, fatigue, dizziness, nausea</i>
330 ppm	1 hour	NRC (National Research Council) AEGL-3	<i>Lethal</i>
600 ppm	30 minutes	NRC AEGL-3	<i>Lethal</i>
1700 ppm	10 minutes	NRC AEGL-3	<i>Lethal</i>