

Understanding Asphyxiants and the Dangers of Toxic Gas

Dozens of energy industry workers are injured by inhaling toxic gases each year. Understanding the dangers of toxic gases can help prevent future incidents and ensure a safer workplace for everyone.

This guide is a companion to the **Understanding Asphyxiants and the Dangers of Toxic Gas** video. It will help you and your team understand the importance of working safely around toxic gas in the energy industry.

Get the Most Out of this Safety Video

01 Start by asking: “How could this happen to you? What would you do in this situation?”

Before watching the video, discuss with your team:

- Imagine you or a coworker working in a confined space with asphyxiant hazards. What would you do?
- What are the correct precautions to take?



02 Watch the Safety Video

Watch the video to learn more about mechanical and chemical asphyxiants. Pause the video during reflection questions to discuss with your team.



03 Share the key safety messages

Key 01: Asphyxiants are serious hazards that can deprive the body of oxygen and result in life-threatening situations.

Key 02: Signs of carbon monoxide poisoning include headaches, nausea, dizziness, breathlessness and loss of consciousness. Move to fresh air immediately if you experience any of these signs.

Key 03: Toxic gases have unique properties that may cause them to rise or settle depending on their density.

04 Have a Casual Discussion

Review the questions highlighted in the video's reflection breaks. Ask yourself and the team if any information was surprising, confusing, common knowledge, etc. This will help you to identify further conversations and gaps in your safety protocols.

05 Mental Rehearsal

After watching the video and discussing safety protocols, consider your work environment. Discuss:

- How would you handle working around toxic gas?
- What steps would you take?
- How does your role in the workplace change your response?

06 Review Key Takeaways & Follow-Up

- Review safety guidelines regularly.
- Report any safety concerns right away.
- Keep learning and stay up to date with safety practices.