

## Understanding Oxygen Deficiency & Locating Asphyxiant Sources

Asphyxiants are found throughout the energy industry. Understanding how to locate sources of asphyxiants can help prevent future incidents and ensure a safer workplace for everyone.

This guide is a companion to the **Understanding Oxygen Deficiency and locating Asphyxiant Sources video**. It will help you and your team recognize symptoms of oxygen deficiency and identify locations where you may be exposed to asphyxiants.

### Get the Most Out of this Safety Video

#### 01 Start by Asking: "What Would You Do?"

Before watching the video, discuss with your team:

- Imagine you are asked to complete a task in an environment that you are unfamiliar with. What steps would you take to work safely?



#### 02 Watch the Safety Video

Watch the video to learn more about the impacts of toxic and non-toxic gasses. Pause the video during the reflection questions to discuss with your team.



#### 03 State the Key Safety Messages

**Key 01:** Non-toxic gasses such as nitrogen and natural gas can displace oxygen and cause asphyxia.

**Key 02:** Asphyxiants can be found throughout the energy industry as byproducts of work processes or used intentionally to mitigate other risks.

**Key 03:** Oxygen deficiency from exposure to toxic and non-toxic gasses can be sudden and deadly.

#### 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 identify further conversations and gaps in your safety protocols.

#### 05 Mental Rehearsal

After watching the video and discussing the key messaging, revisit Step 01. Discuss:

- How would you handle the scenario?
- 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.
- Stay up to date on safety practices.