

## ASHRAE Technical FAQ

---

ID 34

---

Question What is the allowable level of carbon monoxide in an occupied space?

---

Various health organizations have established carbon monoxide (CO) concentration limits. Refer to Appendix B, Summary of Selected Air Quality Guidelines in [ASHRAE Standard 62.1-2016](#), "Ventilation for Acceptable Indoor Air Quality". [US EPA](#) sets outdoor maximum levels at 35 ppm (1 hour averaging) and 9 ppm (8 hour averaging), while the World Health Organization limits CO concentrations based on exposure time ranging from 90 ppm (15 minute exposure) to 10 ppm (8 hour exposure).

Answer Additional information on this subject can be found in [ASHRAE Standard 62.1-2016](#), "Ventilation for Acceptable Indoor Air Quality", plus [ASHRAE BOD approved addenda](#). This standard specifies outside air ventilation rates and maximum levels of indoor contaminants for acceptable indoor air quality.

Copies of the standard, the latest addenda, and other publications may be purchased on-line at our website, [www.ashrae.org/](http://www.ashrae.org/) or by calling 1-800-527-4723 in the USA and Canada or 1-404-636-8400 worldwide. Addenda to the standards may be downloaded for free.

[US EPA](#) - United States Environmental Protection Agency, ([www.epa.gov](http://www.epa.gov))

---

ASHRAE Pubs [ASHRAE Standard 62.1-2016](#), Ventilation for Acceptable Indoor Air Quality, plus [ASHRAE BOD approved addenda](#).

---

Topic References Indoor Air Contaminants  
Carbon Monoxide

---

	Cognizant ASHRAE Committees	Refer to Organization
1	<a href="#">TC 4.3</a>	<a href="#">US EPA</a>
2	SSPC 62.1	
3		
4		
5		