



# Silent and Odorless - a Killer!

■ by VINCENT T. PICA, II

Flotilla Commander, 18-06 (ISR) - United States Coast Guard Auxiliary



Most of us have heard of a tragic story of some poor soul giving it all up by ending their life in the garage. Close the door, start the car and wait for a precious few moments. For many of us, that is all the thinking we ever do about carbon monoxide poisoning. Of all the dangers that the mariner confronts, carbon monoxide poisoning is perhaps the most dangerous since it is odorless, colorless and tasteless. Unarmed, you will never see it coming.

## What Creates Carbon Monoxide?

Burning hydrocarbons, plain and simple. Diesel, gasoline, propane – all are hydrocarbons and CO is a natural by-product of burning them. You cannot tune your engine not to create CO. You can create CO-safe environments around and in your boat but you cannot defy the laws of chemistry.

Your engine doesn't even have to be the one that is on. Your neighbor at the dock has his generator on to power the A/C and TV – and his exhaust is wafting into your cabin. And the smell of it isn't what is killing you. What you smell is unburned hydrocarbons. What you can't smell is CO... Also, it could be your engine but you think that you are immune because you haven't enclosed your cockpit. You have only enclosed the windshield and side panel areas, leaving the aft wide open... well, called the "station wagon effect", an area that is enclosed on 3 sides creates a vacuum behind it as it pushes ahead – and it is sucking CO into the "cup" it has created. You are in that cup...

## What is it and how do you know you are succumbing to it?

Carbon monoxide (CO) kills you by attaching itself to your blood cells in a way that keeps your blood from picking up fresh oxygen as it passes through your lungs. You essentially suffocate slowly while surrounded by air. Little by little, the CO hitches a ride on your blood cells until there are no seats left on the life-sustaining bus (your blood) for the oxygen to sit. As it happens, you start to get headaches, muscle aches, excessive fatigue and nausea. As I tell my seamanship students, "If you are starting to feel like you are coming down with the flu, but you don't have the sniffles, get out of there! You are succumbing to CO poisoning!"

## What do you do now!

Say you enter your cruiser, and you find a crewman lying unconscious on the sole of the cabin. The manual actually says that you are first to try to isolate the source of the fumes, extinguish them and proceed to get your mate to fresh air (to start the cleansing cycle of kicking the CO's out of their seats and replacing them with O's!)

Here is where I am coming from. This strategy could cause two people to die from CO poisoning, not one. **IF** you know that the only source of CO poisoning is YOUR engine, and you can kill it in a virtual flash, do it – or get out of there immediately and run for help! If you have to play Inspector Clouseau looking for clues, you are playing with your life. Remember, it could be your slip-mate's engine that is polluting your air. Also, the cabin has built up some degree of CO concentration. It may be a deadly amount and you don't have a chemistry kit in your pocket. You are playing with your life.

You certainly can [1] grab a lungful of fresh air from outside, hold your breath and [2] try to drag the person out of the cabin. If you can't, [3] drop them and run for help. If you can get them out, but they are not breathing, give them artificial respiration (sometimes called CPR) and scream for help between breaths!

## How to prevent it?

One, create fresh air paths that keep the station wagon effect from overtaking you from behind. Don't form that cup – crack a window somewhere and create a jet-stream through your boat. Two, put carbon monoxide detectors in ALL enclosed spaces, especially sleeping quarters. These devices can be battery-operated and are readily available. \$29.95 at places like Home Depot, Wal-Mart, the internet, etc... There are models that can be tied directly into your battery system like a bilge pump – never fails unless the battery itself is dead.

I've heard these devices. They can wake the dead. Almost. Be aware. Be safe. Always prepared – semper paratus...!

## Business Profile:

## Nautical Stainless Supplies

### Everything's Better In Stainless

■ by DEBORAH BROWN-VOLKMAN

Nautical Stainless Supplies, Inc. offers high quality stainless steel hardware at reasonable prices. Founded in 2006, Nautical Stainless Supplies, Inc. was established as a full service business that delivers superior products for the Marine, Industrial, Architectural, Government and Commercial markets. Joseph Mineo and Francis Fragola are the driving force behind the company. With almost fifty years of combined business experience, they have the knowledge to ensure that Nautical Stainless Supplies, Inc. provides it's customers with the highest grade products at fair prices.

Finding stainless steel hardware has never been easier. At nauticalstainless.com their products, which are ISO 9001, NACM, and AWRP Certified, include hardware, rigging, anchors, trailer hardware, bolts: PAD/I/U, lighting, chain, wire rope, tools, deck hardware, shackles, hooks and clips, and fasteners. Products can be purchased directly from their web site at www.nauticalstainless.com. There are close to 3,000 items to choose from. They ship anywhere in the world.

Before starting Nautical Stainless Supplies, Inc. Joseph and Francis were friends for more than 10 years. Francis has a business consulting and information technology company. Joseph has a business degree and experience in finance and government. They wanted to go into business together for quite some time, and then came up with the idea to sell stainless steel.

"We know how difficult it can be to find quality stainless steel hardware at a reasonable prices," says Francis. "Whenever we wanted stainless steel parts for our boats, the prices were high, and the selection was not that great. Because you can buy our products online, it's less expensive. Our overhead is lower, and we pass that savings onto our customers."

"Because our products are stainless steel, they resist corrosion," says Joseph. "We have solid products that can be used for your boat, for your home, your business, or whatever you need them for. Our products can be used for so many different things in so many ways. They can be used in almost any industry or any function. The applications are limitless. Whatever your imagination can come up with."

"We deal directly with the manufacturers," says Francis. "So, we have access to a wide range of stainless steel products. Our manufacturers will fabricate almost any stainless steel product."

"This is such a great business to be in," says Joseph. "For many years, Francis



Francis Fragola and Joseph Mineo

and I have worked hard to help our clients build their businesses. Now, we get to do the same thing working together."

Nautical Stainless Supplies, Inc. can be found at <http://www.nauticalstainless.com> they can also be reached at (631) 281-1004 or via e-mail at [info@nauticalstainless.com](mailto:info@nauticalstainless.com)

## Tide Table Moriches Inlet 40.7650°N, 72.7533° W

April 15 - April 30

Day	High	Low	High	Low	High
Sun 15	5:42 AM / 3.33	11:49 AM / -0.29	6:10 PM / 3.61		
Mon 16		12:25 AM / -0.30	6:35 AM / 3.43	12:38 PM / -0.41	6:58 PM / 3.86
Tue 17		1:19 AM / -0.46	7:25 AM / 3.46	1:26 PM / -0.45	7:45 PM / 3.99
Wed 18		2:11 AM / -0.53	8:15 AM / 3.39	2:14 PM / -0.41	8:33 PM / 3.98
Thu 19		3:01 AM / -0.50	9:07 AM / 3.26	3:02 PM / -0.29	9:23 PM / 3.85
Fri 20		3:52 AM / -0.37	10:02 AM / 3.08	3:50 PM / -0.10	10:18 PM / 3.64
Sat 21		4:43 AM / -0.16	11:01 AM / 2.90	4:41 PM / 0.14	11:16 PM / 3.40
Sun 22		5:39 AM / 0.08	12:01 PM / 2.76	5:37 PM / 0.39	
Mon 23	12:15 AM / 3.17	6:42 AM / 0.28	1:00 PM / 2.67	6:44 PM / 0.59	
Tue 24	1:14 AM / 2.98	7:50 AM / 0.39	1:59 PM / 2.63	7:56 PM / 0.68	
Wed 25	2:12 AM / 2.84	8:51 AM / 0.40	2:58 PM / 2.65	9:02 PM / 0.66	
Thu 26	3:11 AM / 2.76	9:43 AM / 0.36	3:55 PM / 2.75	9:58 PM / 0.57	
Fri 27	4:07 AM / 2.74	10:27 AM / 0.30	4:47 PM / 2.90	10:46 PM / 0.45	
Sat 28	5:00 AM / 2.77	11:08 AM / 0.25	5:32 PM / 3.06	11:31 PM / 0.33	
Sun 29	5:45 AM / 2.81	11:46 AM / 0.21	6:13 PM / 3.22		
Mon 30		12:14 AM / 0.23	6:27 AM / 2.85	12:23 PM / 0.19	