

H₂S Occupational Exposure Symptoms



H₂S is **dangerous**, not just at **high levels**, but at **low levels** as well.

Do you know the symptoms of exposure?

Low Exposure	Toxicity symptoms
0.01-0.3 ppm	Odour threshold
Medium-low Exposure	Toxicity symptoms
1-20 ppm	Rotten egg smell Nausea Headaches over long exposure periods
Medium Exposure	Toxicity symptoms
20-50 ppm	Nose, throat, and lung irritation Digestive upset Loss of appetite Sense of smell becomes fatigued Acute conjunctivitis; also known as pink eye
Medium-high Exposure	Toxicity symptoms
100-200 ppm	Severe nose, throat, and lung irritation Ability to smell odour disappears
High Exposure	Toxicity symptoms
250-500 ppm	Pulmonary edema; fluid in the lungs that can be fatal (can be delayed for up to 72 hours after exposure) Severe headache Nausea Dizziness
Extreme Exposure	Toxicity symptoms
500 ppm	Severe lung irritation Excitement Severe headache Dizziness Staggering Loss of memory Sudden collapse Unconsciousness and death within a few hours
Fatal Exposure	Toxicity symptoms
500-1000 ppm	Respiratory paralysis Irregular heartbeat Collapse Death

Acute Exposure

Acute exposure can cause serious health effects.

If a worker survives a severe acute exposure of 500 ppm, they can have **still have long-term health effects**, such as:

- Irritability
- Anxiety
- Fatigue
- Impaired memory
- Impaired nervous system
- Respiratory symptoms (e.g., wheezing, tightness, permanent lung damage)

Chronic Exposure

While H₂S doesn't build up in the body from chronic, repeated exposure, and doesn't cause cancer, it does have long term effects, such as:

- Eye irritation
- Cardiovascular damage
- Respiratory system damage
- Neurological effects
- Mucociliary damage

Whatever the level of exposure, H₂S is dangerous. Always protect yourself.