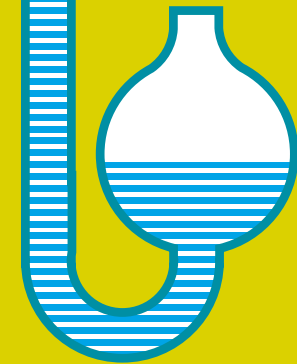


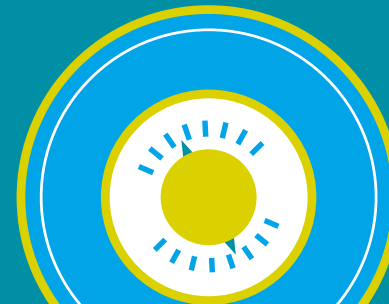
Barometers are instruments that measure air pressure and contain an average of 500 grams of mercury. The mercury barometer was developed in the 17th century and while still widely used today, there are non-mercury containing alternatives.



## Barometers

## Thermostats

Tilt-switch thermostats, which contain about 3 grams of mercury each, have been used in homes, offices and schools to control temperatures for more than 40 years. Today, digital thermostats are a safe replacement, and they can be programmed for maximum efficiency of heating and cooling air conditioning systems, resulting in energy cost savings.



## Recycling and Disposal of Mercury Containing Items

For proper disposal and recycling of mercury-containing items, schools can contract with a hazardous waste hauler or, if qualified, use a conditionally exempt small quantity generator program through a household hazardous waste collection site. For hazardous waste disposal vendors and contact information please visit [www.bemercuryfree.net](http://www.bemercuryfree.net).

For more information about common sources of mercury in households, dental offices and hospital facilities, or to view our comprehensive Be Mercury Free Public Outreach and Education Program, visit our web site at [www.bemercuryfree.net](http://www.bemercuryfree.net) or call (916) 875-6644.

## Mercury & Schools

It can be harmful to students and teachers, as well as to the environment.

Learn how schools can be mercury free.



**be**  
mercury free

*A Regional Partnership for Mercury Pollution Reduction*

[www.bemercuryfree.net](http://www.bemercuryfree.net)  
(916) 875-6644

# Be Mercury Free!

## Reducing Mercury Pollution and Risks in School Environments.

Mercury has many uses in school environments and can be found in several commonly used items. Mercury is a shiny, silver-gray metal that is a liquid at room temperature. If mishandled these items can break or spill releasing both a liquid and an invisible and poisonous vapor. Unfortunately, mercury doesn't disappear if it is dumped down the drain or thrown in the trash – mercury finds its way into the environment where it can seep into creeks, rivers and lakes.

Pollution of our waterways puts human health and safety at risk. Mercury can cause contamination in some species of fish we eat, which can cause damage to the nervous system and may impair childhood development.

## Mercury Makeover At Schools

Schools can help prevent mercury pollution and protect students and employees by eliminating and properly recycling products that contain mercury. Using mercury-free alternatives creates a safer school environment.

Some schools use mercury laboratory thermometers for classroom experiments and exercises. These contain an average of 3 grams of mercury each. Schools may also use mercury thermometers in health classes or in the nurse's office. These contain an average of 0.5 grams of mercury.

Schools can replace mercury lab thermometers for alcohol

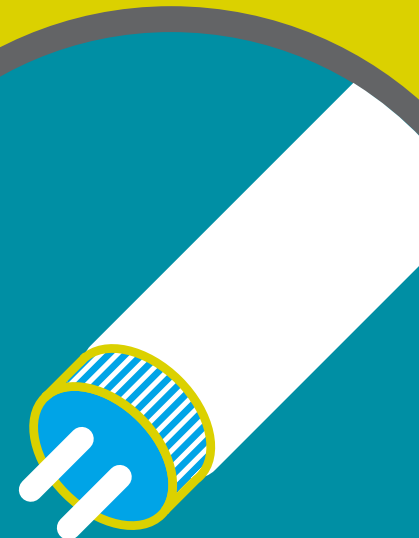
versions, and oral thermometers can be replaced with digital or non-mercury containing versions.

## Thermometers



## Fluorescent Light Bulbs

Fluorescent light bulbs and tubes use up to 50 percent less energy than incandescent light bulbs. However, fluorescent light bulbs and tubes may contain 12 to 25 milligrams of mercury and should never be thrown in the trash. Schools are required to properly recycle mercury-containing fluorescent light bulbs and tubes to prevent mercury pollution.



Several common lab chemicals contain mercury, including the oxide, chloride, sulfate, nitrate and iodide salts of mercury. Many of these products can be replaced by non-mercury alternatives. If mercury-containing chemicals are necessary always remember not to overstock, thus reducing your risk of a mercury spill.

## Laboratory Chemicals

