



THE METROPOLE

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Information on Mercury in Compact Fluorescent Bulbs (CFLs):

<http://oee.nrcan.gc.ca/energystar/english/consumers/questions-answers.cfm?text=N&printview=N#mercury>

I have heard that there is mercury in Compact fluorescent bulbs. Is it true?

There is a small amount of mercury in CFLs to help them produce light. But did you know that this amount is less than 1/5 the amount found in a common watch battery? The mercury in a CFL is used to create the light and is totally contained the fluorescent tube. The following is a chart that compares the mercury content of CFLs to other household uses:

| Product | Mercury | Number of Equivalent CFLS |
|-------------------------------------|--------------------------|---------------------------|
| Compact fluorescent lamp | 5 milligrams | 1 |
| Watch battery | 25 milligrams | 5 |
| Dental amalgams | 500 milligrams | 100 |
| Home thermometer | 500 milligrams - 2 grams | 100 - 400 |
| Float switches in sump pumps | 2 grams | 400 |
| Tilt thermostat | 3 grams | 600 |
| Electrical tilt switches and relays | 3.5 grams | 700 |

Information on Quality of Light from Compact Fluorescent Bulbs (CFLs):

http://oee.nrcan.gc.ca/energystar/english/participants/specs/compact_flour.cfm?text=N&printview=N

I am worried that CFLs will produce a cold, bluish lighting that is unsuitable for a home. How can I choose a CFL that will provide warmer-looking light?

To earn an “Energy Star” designation from Natural Resources Canada, a CFL must fulfil the following expectation...

Correlated Colour Temperature (CCT):

The lamp or lamps’ advertised CCT must be between 2700 and 3000K. If not, packaging should clearly state temperature and colour of product (cool or warm). [A CCT-rating more than 3000K denotes a CFL whose light will seem “cool” or bluish. A CFL rated at 3000K or less will provide light that seems “warm” and homelike.]

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