

# Mercury



Toolbox Talk #18

## What are the Threats of Mercury?

Mercury comes in many forms, it is commonly found in thermometers, manometers, high-intensity discharge lamps, gauges, valves, batteries, switches, catalysts, and lubricating oils. High exposure can result in server damage to the nervous, immune and digestive system. Mercury is also corrosive to the skin and eyes, and could induce kidney toxicity. Symptoms of mercury toxicity include; headache, tremors, mood swings, muscle twitching, muscle atrophy, and decreased cognitive functions. In this toolbox talk we are going to discuss a few methods to limiting the risk associated with mercury.

