



New Jersey Department of Health and Senior Services

HAZARDOUS SUBSTANCE FACT SHEET

Common Name: **MERCURY**

CAS Number: 7439-97-6

DOT Number: UN 2809

RTK Substance number: 1183

Date: August 1992 Revision: August 1998

HAZARD SUMMARY

- * **Mercury** can affect you when breathed in and by passing through your skin.
- * **Mercury** can irritate the skin and eyes.
- * Exposure to high levels of **Mercury vapor** can irritate the lungs, causing cough, chest pain, and shortness of breath.
- * **Mercury** may cause a skin allergy. If allergy develops, very low future exposure can cause itching and a skin rash.
- * Repeated exposure can cause **Mercury** poisoning. Symptoms include tremors, trouble remembering and concentrating, gum problems and changes in mood.
- * Repeated exposure may cause clouding of the eyes.
- * Exposure may cause kidney damage.

IDENTIFICATION

Mercury is a silvery, heavy, odorless liquid. It is used in thermometers, barometers, vapor lamps, mirror coatings, and amalgams, and in making chemicals and electrical equipment.

REASON FOR CITATION

- * **Mercury** is on the Hazardous Substance List because it is regulated by OSHA and cited by ACGIH, DOT, NIOSH, EPA, DEP and HHAG.
- * Definitions are provided on page 5.

HOW TO DETERMINE IF YOU ARE BEING EXPOSED

The New Jersey Right to Know Act requires most employers to label chemicals in the workplace and requires public employers to provide their employees with information and training concerning chemical hazards and controls. The federal OSHA Hazard Communication Standard, 1910.1200, requires private employers to provide similar training and information to their employees.

- * Exposure to hazardous substances should be routinely evaluated. This may include collecting personal and area air samples. You can obtain copies of sampling results from your employer. You have a legal right to this information under OSHA 1910.20.
- * If you think you are experiencing any work-related health problems, see a doctor trained to recognize occupational diseases. Take this Fact Sheet with you.

WORKPLACE EXPOSURE LIMITS

The following exposure limits are for **Mercury vapor**:

OSHA: The legal airborne permissible exposure limit (PEL) is **0.1 mg/m³**, not to be exceeded at any time.

NIOSH: The recommended airborne exposure limit is **0.05 mg/m³** averaged over a 10-hour workshift and **0.1 mg/m³**, not to be exceeded during any 15 minute work period.

ACGIH: The recommended airborne exposure limit is **0.025 mg/m³** averaged over an 8-hour workshift.

- * The above exposure limits are for air levels only. When skin contact also occurs, you may be overexposed, even though air levels are less than the limits listed above.

WAYS OF REDUCING EXPOSURE

- * Where possible, enclose operations and use local exhaust ventilation at the site of chemical release. If local exhaust ventilation or enclosure is not used, respirators should be worn.
- * Wear protective work clothing.
- * Wash thoroughly immediately after exposure to **Mercury** and at the end of the workshift.
- * Post hazard and warning information in the work area. In addition, as part of an ongoing education and training effort, communicate all information on the health and safety hazards of **Mercury** to potentially exposed workers.

This Fact Sheet is a summary source of information of all potential and most severe health hazards that may result from exposure. Duration of exposure, concentration of the substance and other factors will affect your susceptibility to any of the potential effects described below.

HEALTH HAZARD INFORMATION

Acute Health Effects

The following acute (short-term) health effects may occur immediately or shortly after exposure to **Mercury**:

- * **Mercury** can irritate the skin and eyes.
- * Exposure to high levels of **Mercury vapor** can irritate the lungs, causing cough, chest pain, and shortness of breath.

Chronic Health Effects

The following chronic (long-term) health effects can occur at some time after exposure to **Mercury** and can last for months or years:

Cancer Hazard

- * According to the information presently available to the New Jersey Department of Health and Senior Services, **Mercury** has been tested and has not been shown to cause cancer in animals.

Reproductive Hazard

- * There is limited evidence that **Mercury** may cause an increase in spontaneous abortions in exposed women.

Other Long-Term Effects

- * **Mercury** may cause a skin allergy. If allergy develops, very low future exposure can cause itching and a skin rash.
- * Repeated low exposure or a very high single exposure can cause **Mercury** poisoning. Symptoms include tremors (shaking), trouble remembering and concentrating, gum problems, increased salivation, loss of appetite and weight, and changes in mood and personality. These can be severe and cause hallucinating and psychosis.
- * Repeated exposure (usually more than five years) may cause clouding of the eyes.
- * Repeated contact may cause a gray skin color.
- * Exposure may cause kidney damage.

MEDICAL

Medical Testing

For those with frequent or potentially high exposure (half the TLV or greater, or significant skin contact), the following are recommended before beginning work and at regular times after that:

- * Exam of the nervous system (including handwriting test to detect early hand tremor).
- * Urine *Mercury* level (usually less than **0.02 mg/liter**).
- * Kidney function tests.

If symptoms develop or overexposure is suspected, the following may be useful:

- * Consider chest x-ray after acute overexposure.
- * Evaluation by a qualified allergist, including careful exposure history and special testing, may help diagnose skin allergy.

Any evaluation should include a careful history of past and present symptoms with an exam. Medical tests that look for damage already done are not a substitute for controlling exposure.

Request copies of your medical testing. You have a legal right to this information under OSHA 1910.20.

WORKPLACE CONTROLS AND PRACTICES

Unless a less toxic chemical can be substituted for a hazardous substance, **ENGINEERING CONTROLS** are the most effective way of reducing exposure. The best protection is to enclose operations and/or provide local exhaust ventilation at the site of chemical release. Isolating operations can also reduce exposure. Using respirators or protective equipment is less effective than the controls mentioned above, but is sometimes necessary.

In evaluating the controls present in your workplace, consider: (1) how hazardous the substance is, (2) how much of the substance is released into the workplace and (3) whether harmful skin or eye contact could occur. Special controls should be in place for highly toxic chemicals or when significant skin, eye, or breathing exposures are possible.

In addition, the following control is recommended:

- * Where possible, automatically pump liquid **Mercury** from drums or other storage containers to process containers.

Good **WORK PRACTICES** can help to reduce hazardous exposures. The following work practices are recommended:

- * Workers whose clothing has been contaminated by **Mercury** should change into clean clothing promptly.
- * Do not take contaminated work clothes home. Family members could be exposed.
- * Contaminated work clothes should be laundered by individuals who have been informed of the hazards of exposure to **Mercury**.
- * Eye wash fountains should be provided in the immediate work area for emergency use.
- * If there is the possibility of skin exposure, emergency shower facilities should be provided.
- * On skin contact with **Mercury**, immediately wash or shower to remove the chemical. At the end of the workshift, wash any areas of the body that may have contacted **Mercury**, whether or not known skin contact has occurred.

- * Do not eat, smoke, or drink where **Mercury** is handled, processed, or stored, since the chemical can be swallowed. Wash hands carefully before eating or smoking.
- * For clean-up use a specialized charcoal-filtered vacuum or suction pump to avoid generating **Mercury vapor**. Care should be taken not to disturb spilled material.

PERSONAL PROTECTIVE EQUIPMENT

WORKPLACE CONTROLS ARE BETTER THAN PERSONAL PROTECTIVE EQUIPMENT. However, for some jobs (such as outside work, confined space entry, jobs done only once in a while, or jobs done while workplace controls are being installed), personal protective equipment may be appropriate.

OSHA 1910.132 requires employers to determine the appropriate personal protective equipment for each hazard and to train employees on how and when to use protective equipment.

The following recommendations are only guidelines and may not apply to every situation.

Clothing

- * Avoid skin contact with **Mercury**. Wear protective gloves and clothing. Safety equipment suppliers/manufacturers can provide recommendations on the most protective glove/clothing material for your operation.
- * All protective clothing (suits, gloves, footwear, headgear) should be clean, available each day, and put on before work.
- * There is no quantitative information available at the present time on what types of gloves or chemical protective clothing offer protection from permeation or degradation by **Mercury** and its compounds.

Eye Protection

- * Wear chemical goggles and face shield when working with liquid, unless full facepiece respiratory protection is worn.

Respiratory Protection

IMPROPER USE OF RESPIRATORS IS DANGEROUS.

Such equipment should only be used if the employer has a written program that takes into account workplace conditions, requirements for worker training, respirator fit testing and medical exams, as described in OSHA 1910.134.

- * Where the potential exists for exposure to **Mercury vapor** over **0.05 mg/m³** (8-hour average airborne exposure), but less than **0.5 mg/m³**, use a NIOSH/MSHA approved half-mask respirator with cartridges specific for **Mercury**. These cartridges have end of service life indicators which visually indicate when filters must be changed.

- * If while wearing a filter or cartridge respirator you can smell, taste, or otherwise detect **Mercury**, or if while wearing particulate filters abnormal resistance to breathing is experienced, or eye irritation occurs while wearing a full facepiece respirator, leave the area immediately. Check to make sure the respirator-to-face seal is still good. If it is, replace the filter or cartridge. If the seal is no longer good, you may need a new respirator.
- * Be sure to consider all potential exposures in your workplace. You may need a combination of filters, prefilters, cartridges, or canisters to protect against different forms of a chemical (such as vapor and mist) or against a mixture of chemicals.
- * Where the potential exists for exposure over **0.5 mg/m³**, use a MSHA/NIOSH approved supplied-air respirator with a full facepiece operated in a pressure-demand or other positive-pressure mode. For increased protection use in combination with an auxiliary self-contained breathing apparatus operated in a pressure-demand or other positive-pressure mode.
- * Exposure to **10 mg/m³** is immediately dangerous to life and health. If the possibility of exposure above **10 mg/m³** exists, use a MSHA/NIOSH approved self-contained breathing apparatus with a full facepiece operated in continuous flow or other positive pressure mode.

QUESTIONS AND ANSWERS

- Q: If I have acute health effects, will I later get chronic health effects?
- A: Not always. Most chronic (long-term) effects result from repeated exposures to a chemical.
- Q: Can I get long-term effects without ever having short-term effects?
- A: Yes, because long-term effects can occur from repeated exposures to a chemical at levels not high enough to make you immediately sick.
- Q: What are my chances of getting sick when I have been exposed to chemicals?
- A: The likelihood of becoming sick from chemicals is increased as the amount of exposure increases. This is determined by the length of time and the amount of material to which someone is exposed.
- Q: When are higher exposures more likely?
- A: Conditions which increase risk of exposure include chemical processes (heating, pouring, spraying, spills and evaporation from large surface areas such as open containers), and "confined space" exposures (working inside vats, reactors, boilers, small rooms, etc.).

- Q: Is the risk of getting sick higher for workers than for community residents?
- A: Yes. Exposures in the community, except possibly in cases of fires or spills, are usually much lower than those found in the workplace. However, people in the community may be exposed to contaminated water as well as to chemicals in the air over long periods. Because of this, and because of exposure of children or people who are already ill, community exposures may cause health problems.
- Q: Can men as well as women be affected by chemicals that cause reproductive system damage?
- A: Yes. Some chemicals reduce potency or fertility in both men and women. Some damage sperm and eggs, possibly leading to birth defects.
- Q: Who is at the greatest risk from reproductive hazards?
- A: Pregnant women are at greatest risk from chemicals that harm the developing fetus. However, chemicals may affect the ability to have children, so both men and women of childbearing age are at high risk.

The following information is available from:

New Jersey Department of Health and Senior Services
Occupational Disease and Injury Services
PO Box 360
Trenton, NJ 08625-0360
(609) 984-1863
(609) 292-5677 (fax)

Web address: <http://www.state.nj.us/health/eoh/odisweb/>

Industrial Hygiene Information

Industrial hygienists are available to answer your questions regarding the control of chemical exposures using exhaust ventilation, special work practices, good housekeeping, good hygiene practices, and personal protective equipment including respirators. In addition, they can help to interpret the results of industrial hygiene survey data.

Medical Evaluation

If you think you are becoming sick because of exposure to chemicals at your workplace, you may call personnel at the Department of Health and Senior Services, Occupational Disease and Injury Services, who can help you find the information you need.

Public Presentations

Presentations and educational programs on occupational health or the Right to Know Act can be organized for labor unions, trade associations and other groups.

Right to Know Information Resources

The Right to Know Infoline (609) 984-2202 can answer questions about the identity and potential health effects of chemicals, list of educational materials in occupational health, references used to prepare the Fact Sheets, preparation of the Right to Know survey, education and training programs, labeling requirements, and general information regarding the Right to Know Act. Violations of the law should be reported to (609) 984-2202.

DEFINITIONS

ACGIH is the American Conference of Governmental Industrial Hygienists. It recommends upper limits (called TLVs) for exposure to workplace chemicals.

A **carcinogen** is a substance that causes cancer.

The **CAS number** is assigned by the Chemical Abstracts Service to identify a specific chemical.

A **combustible** substance is a solid, liquid or gas that will burn.

A **corrosive** substance is a gas, liquid or solid that causes irreversible damage to human tissue or containers.

DEP is the New Jersey Department of Environmental Protection.

DOT is the Department of Transportation, the federal agency that regulates the transportation of chemicals.

EPA is the Environmental Protection Agency, the federal agency responsible for regulating environmental hazards.

A **fetus** is an unborn human or animal.

A **flammable** substance is a solid, liquid, vapor or gas that will ignite easily and burn rapidly.

The **flash point** is the temperature at which a liquid or solid gives off vapor that can form a flammable mixture with air.

HHAG is the Human Health Assessment Group of the federal EPA.

IARC is the International Agency for Research on Cancer, a scientific group that classifies chemicals according to their cancer-causing potential.

A **miscible** substance is a liquid or gas that will evenly dissolve in another.

mg/m³ means milligrams of a chemical in a cubic meter of air. It is a measure of concentration (weight/volume).

MSHA is the Mine Safety and Health Administration, the federal agency that regulates mining. It also evaluates and approves respirators.

A **mutagen** is a substance that causes mutations. A **mutation** is a change in the genetic material in a body cell. Mutations can lead to birth defects, miscarriages, or cancer.

NAERG is the North American Emergency Response Guidebook. It was jointly developed by Transport Canada, the United States Department of Transportation and the Secretariat of Communications and Transportation of Mexico. It is a guide for first responders to quickly identify the specific or generic hazards of material involved in a transportation incident, and to protect themselves and the general public during the initial response phase of the incident.

NCI is the National Cancer Institute, a federal agency that determines the cancer-causing potential of chemicals.

NFPA is the National Fire Protection Association. It classifies substances according to their fire and explosion hazard.

NIOSH is the National Institute for Occupational Safety and Health. It tests equipment, evaluates and approves respirators, conducts studies of workplace hazards, and proposes standards to OSHA.

NTP is the National Toxicology Program which tests chemicals and reviews evidence for cancer.

OSHA is the Occupational Safety and Health Administration, which adopts and enforces health and safety standards.

PEOSHA is the Public Employees Occupational Safety and Health Act, a state law which sets PELs for New Jersey public employees.

ppm means parts of a substance per million parts of air. It is a measure of concentration by volume in air.

A **reactive** substance is a solid, liquid or gas that releases energy under certain conditions.

A **teratogen** is a substance that causes birth defects by damaging the fetus.

TLV is the Threshold Limit Value, the workplace exposure limit recommended by ACGIH.

The **vapor pressure** is a measure of how readily a liquid or a solid mixes with air at its surface. A higher vapor pressure indicates a higher concentration of the substance in air and therefore increases the likelihood of breathing it in.

