

EWG's Guide to Light Bulbs

- ▶ **START with the fixtures you use most.** Choose CFLs for locations where breakage is rare - for instance, for ceiling fixtures rather than table lamps in high traffic areas or clip lamps.
- ▶ **BUY a few test bulbs of several brands** and try them out in different areas. With standard use, CFLs will last a long time -- all the more reason to make sure that as you consult the EWG guide, you and your family are comfortable with their quality of light.
- ▶ **BUY CFLs bulbs with the lowest mercury content.** The Energy Star logo is not a good indicator of low mercury bulbs. Instead choose from the 7 types EWG research shows have the least mercury:



For online buying options visit ewg.org/greenlightbulbs

Brand & bulb line	Mercury per bulb	Average life span
Earthmate Mini-Size Bulbs (13, 15, 20, & 23 Watt)	about 1 mg	10,000 hours
Litetronics Neolite (10, 13, 15, 20, & 23 Watt)	about 1 mg	10,000 hours
Sylvania Micro-Mini (13, 20, & 23 Watts)	less than 1.5 mg	12,000 hours
Sylvania DURA-ONE (reflector bulbs)	less than 1.8 mg	15,000 hours
Feit Ecobulb	less than 2.5 mg	8-10,000 hours
MaxLite	1.2-2.5 mg	10,000 hours
Philips with Alto	1.23-2.7 mg	8-10,000 hours

- ▶ **DON'T use CFLs where mercury exposure is unacceptable or cleanup is difficult** --- children's rooms, playrooms, recreation rooms, workbenches and near irreplaceable rugs and furniture.
- ▶ **DON'T use CFLs in closets and other spots lit for short periods.** CFLs take 10 to 15 minutes to reach optimum light and energy efficiency.
- ▶ **USE mercury-free bulbs** such as LED (light emitting diodes) or halogen energy savers where CFLs don't work. Also consider them for stairs and hallways where a CFL's slow start-up poses a safety risk.
- ▶ **Cleaning up broken CFL bulbs**

If you break a bulb follow EWG's 10 step clean-up checklist [ewg.org/greenlightbulbs].

The most critical steps to remember:

- Keep children and pregnant or nursing women away from the contaminated area.
- Close doors and open windows to allow volatile mercury vapors to vent outdoors.
- Leave the site for 5 to 15 minutes.
- Scoop up bulb fragments and use tape to collect tiny particles.
- Seal the waste in a glass jar with screw-top lid.