PFAS SAMPLING GUIDE

A BIT ABOUT PFAS:

Per- and polyfluoroalkyl substances (PFAS) are chemical substances that do not occur naturally in the environment. They are anthropogenic chemicals frequently used in heat, stain and water resistant products, as well as in firefighting foams and products designed to reduce friction.

PFAS present a unique challenge to chemical testing programs because they are abundant (over 5,000 synthetic substances have been identified) and persistent. This means that there is a greater risk of potential trace-level contamination in a PFAS sampling program unless proper sampling techniques and certain best practices are adopted.

Extreme care must be taken when preparing, collecting and handling samples for PFAS. The following provides some key sampling guidelines to help ensure that you have minimized these risks in your PFAS testing program.

CURRENT REGULATORY OBJECTIVE:

Health Canada's proposed objective for Total PFAS in drinking water is < 30 ng/L

SAMPLING GUIDANCE:

DO'S

- ✓ Use only bottles provided by the lab
- ✓ Wear clean nitrile gloves
- ✓ Use non-gel ink pen or marker for labelling
- ✓ Wear cotton clothing, free of fabric softeners
- ✓ Groundwater sampling - purge wells thoroughly and sample at the end of the purge cycle
- ✓ Drinking water sampling - take samples from a faucet after at least a 5-minute flushing
- ✓ If known, commence sampling from sites with no known presence of PFAS
- ✓ Include the trip and field blank provided by the lab with your submission
- ✓ Ship back to the lab within 48 hours and with ample free ice
- ✓ Ensure that your completed *Chain of Custody* accompanies your samples to the lab

DON'TS

- X Use sampling implements containing Teflon™
- X Use waterproof field books
- X Use plastic clipboards
- X Use waterproof markers
- X Use moisturizers, cosmetics, hand cream
- X Use insect repellent
- X Handle fast food wrappers or containers during sampling
- X Use clothing that is water resistant
- X Use clothing that has been washed with fabric softeners or static control products
- X Touch inside or edges of bottle cap
- X Use plastic or chemical ice packs for shipping
- X Do not rinse the bottles in any manner; fill them as provided
- X Do not overfill or you will lose the preservative

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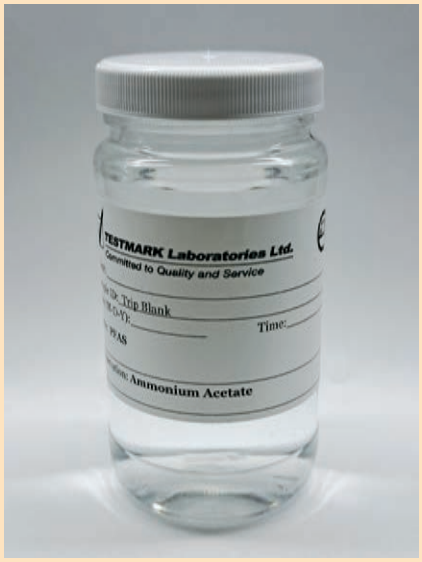
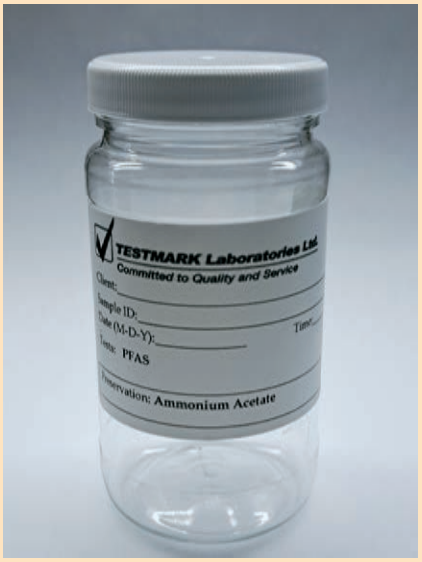
SAMPLE BOTTLE REQUIREMENTS:

- *Preservation – Ammonium acetate*
- *Hold time – 28 days to extract; 28 days thereafter (90 days if stored at ≤ -20 ºC and protected from the light)*
- *Samples must be received at the lab between 0 - 6 °C, or 0-10 °C if received within 48 hours of sampling*

Due to the high risk of sample contamination, your PFAS sampling kit will include a mandatory trip and field blank, as well as your sample bottle(s). You will not be charged for analysis of the field and trip blank. They will constitute part of Testmark's quality control checks for your submission.

Your kit will include:

SAMPLE BOTTLE(S)

FIELD BLANK	TRIP BLANK	SAMPLE BOTTLE
		
Field Blank with DI water (one per bottle order)	Trip Blank (one per bottle order)	
WHEN ON SITE, USE THE DI WATER PROVIDED TO FILL THE FIELD BLANK BOTTLE.	**DO NOT OPEN THIS BOTTLE! RETURN UNOPENED TO THE LAB WITH YOUR SUBMISSION.**	

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