



## PFAS Sampling Instructions



### Sampling Clothing and Other Considerations

- Avoid wearing clothing or boots containing Gore-Tex or using materials containing Tyvek.
- Avoid using cosmetics, moisturizers, heavy fabric softeners on clothes the day of sampling.
- Sample PFAS first if your cooler contains other sample collection bottles! Other sample containers for other methods may have PFAS present.
- Keep PFAS samples in a separate bag that is provided to you.



### Consideration of Supplies

- Do not use chemical ice packs.
- Felt-tip pens and permanent markers should not be used. Use regular ball point pens only.
- Avoid adhesive products like sticky notes.
- Avoid plastic clipboards, binders, hard covers, etc.
- Sampler must wash hands before wearing nitrile gloves in order to limit contamination during sampling.
- Only use the containers that have been provided by the laboratory.



### Before Sampling

- Read all lab specific instructions before sampling.
- Plan to have samples collected directly prior to drop-off at the laboratory or pick-up time of your overnight carrier to limit potential on-site environmental contamination.
- If your sampling point has a faucet with an aerator, remove prior to collection of the samples.



## Sampling Steps

- Caution: containers may contain chemical preservatives. Avoid skin contact.
- Wash hands using PFAS free soap. Gloves must be worn during the sampling.
- Choose the correct container per matrix: 2 x 250ml plastic bottles preserved with Sodium Thiosulfate for drinking water, no preservative for all non-potable waters, 1x 125ml no preservative for landfill leachate, 1x 100ml plastic cup for soils.
- For potable and some non-potable water from tap sources, flush the line for 15 minutes immediately prior to sampling. Slow the water stream before collection.
- Remove cap, fill the sample bottle to the neck, replace cap and tighten. Allow a small amount of head space for mixing the sample with preservative. Do not overfill. Do not flush away the preservative. For soil samples fill the cup to the lid and close the cap.
- Do not touch inside of the cap or around the edge of the container.
- For preserved drinking water samples, invert bottle at least 5 times to mix sample with preservative.
- Include sampling date, time and site on both the container labels and the enclosed Chain of Custody. Information on the Chain of Custody and labels must match and be complete.

### \*PFAS Field Blank provided for laboratory QA/QC purposes

- Open bottle and pour field blank water (provided) into the empty bottle labeled field blank.



## Shipping Instructions

- Place loose ice, samples and Chain of Custody into the shipping container and return to the laboratory immediately after collection. Sample bottles may be hand delivered or sent by overnight carrier. The laboratory must be notified prior to shipment of samples for Saturday delivery, or if samples will be dropped off after-hours on Friday to depot lock boxes.
- Samples must arrive at the laboratory within 48 hours of sampling and at or less than 7°C, and greater than 0°C (not frozen).
- Maximum holding time is 28 days from time of collection.

\* There may be altered or additional practices required by individual provinces or regulatory programs. These instructions should be taken as guidance only, please refer to the applicable province or regulatory agency for specific requirements.

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