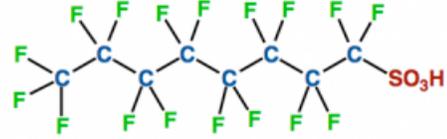


PFOA - perfluorooctanoic acid



PFOS - perfluorooctanesulfonic acid

PFAS Do's and Don'ts

Given the ubiquitous nature of per- and polyfluoroalkyl substances (PFAS), the materials and methods that have been historically used to conduct environmental investigations may result in cross-contamination and false positives when collecting samples for PFAS — opening your project up to scrutiny, potentially bringing your data into question and increasing overall project costs.

At Con-Test Analytical, we understand the sensitive nature of PFAS and employ measures to avoid cross-contamination and false positives during the sample collection process. Here are a few do's and don'ts we like to keep in mind while sampling for PFAS:

Sampling Do's

- Confirm that a **PFAS-free water source** is used for decontamination and drilling fluids. This is particularly important when working in a municipality where the public water supply may be affected.
- Utilize **field blanks, equipment rinsate blanks and trip blanks** to assess data quality and notify project staff of potential cross-contamination or false positives.
- **Triple-rinse** sampling tools and sampling equipment with distilled water following decontamination procedures.
- Use only **PFAS-free materials** when working on a PFAS site, such as high density polyethylene (HDPE) or polypropylene. When necessary, contact vendors for certification that materials are PFAS-free.
- **Wash hands** frequently and don a new pair of nitrile gloves between samples, after coming in contact with suspected PFAS-containing materials, between sample locations and immediately before collecting samples for PFAS analysis.
- Utilize written **Standard Operating Procedures** or project work plans to clearly identify precautions to be taken by field personnel when sampling for PFAS.
- Use **HDPE sample containers** unless specifically instructed otherwise by the project laboratory.

Sampling Don'ts

The following activities may impact sample integrity and could potentially result in sample contamination and the occurrence of false-positives:

- Do not use any materials that contain **Teflon™** — a material known to contain PFAS.
- Do not allow **food** on site. Many common food packaging items could potentially contain or have been treated with PFAS or similar compounds.
- Do not wear clothing or boots that have been treated to be **water-resistant**. If sampling in the rain, PVC rain gear may be used.
- Do not use **water-resistant** paper, labels, self-sticking notes, aluminum foil, or blue-gel ice packs as these products have the potential to contain or be coated with PFAS or similar compounds.
- Do not use **Tyvek**.

PFAS are classified as emerging contaminants and have been investigated since the late nineties. Following U.S. Environmental Protection Agency's May 2016 Health Advisory concerning PFAS, private industry, government organizations and the military are seeking smart, proven processes to help tackle this challenging issue as regulations continue to unfold.

While PFAS have been widely phased out of production in the U.S., their historical use has resulted in the contamination of soil, groundwater and surface water bodies, potentially creating environmental liabilities for entities that used, transported and/or disposed of PFAS.