

The Resource Rambler

Newsletter from your friends at Absolute Resource Associates



MARCH, 2021

Coming Soon: PFAS Method 533

ARA is nailing down the final certification details as we add EPA Method 533 for PFAS to our lab offerings. Method 533 was released by EPA in December of 2019 for the Determination of Per and Polyfluoroalkyl Substances (PFAS) in Drinking Water by Isotope Dilution Anion Exchange Solid Phase Extraction & Liquid Chromatography / Tandem Mass Spectrometry.

ARA is currently certified for EPA Method 537.1 and LC-MS/MS using quantitation by isotope dilution. EPA Method 533 should be online at ARA in Q2 of 2021.

We are proud to be able to say that ARA is the only PFAS Certified Lab located in NH. Analyzing PFAS samples in house allows us to offer our customers great pricing, shorter turnaround times, better communication, access to the chemists running your samples, and excellent customer service. Keeping NH business *in NH* is also a big draw for our customers.

fyi: Lower PFAS MCLs became effective in October 2020 for public water systems in NH. If you need to test for the 4 regulated compounds (see sidebar), or have questions about pricing, limits, compound lists, etc., give ARA a call or [send an email](#).

New Arsenic Limits Effective July 1st

The maximum contaminant level (MCL) for arsenic in drinking water is being lowered in NH, going from the federal standard of 10 micrograms per liter (ug/L) or parts per billion (ppb), to 5 ppb. While the EPA limit is still in effect for most of the US, New Hampshire has implemented the lower MCL, based on the most recent information on health effects and treatment costs. This new limit for arsenic goes into effect on July 1, 2021.

According to Borsuk et al. 2014, roughly 30% of NH wells have elevated levels of arsenic (>5 ppb). Since you cannot see, smell, or taste arsenic in water, the only way to find out if water is safe to drink is to have it tested by a certified laboratory. Drinking water that contains arsenic has been associated with an increased risk of diabetes, cardiovascular issues, skin lesions, certain cancers, and lowered IQ in children.

If you received notification from NHDES that you need to perform quarterly monitoring for arsenic, or you would like to test your own drinking water for arsenic, let us know!

[Click to View the Updated \(2020\) NHDES Arsenic Fact Sheet](#)

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fyi

**PFAS Compliance
Monitoring for all NH
Public Water System
Owners & Operators**

PFAS MCLs as of Q4 2020

PFHxS	18 ng/L or ppt
PFNA	11 ng/L or ppt
PFOS	15 ng/L or ppt
PFOA	12 ng/L or ppt

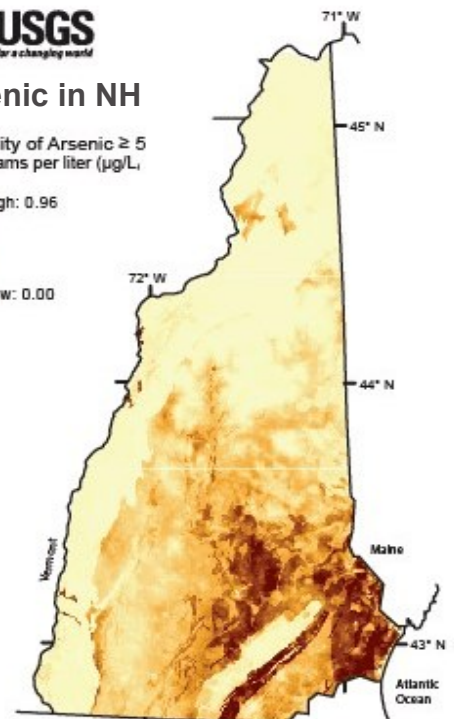
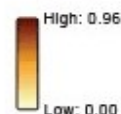
www.PFASresource.com

Arsenic a concern in NH well water

USGS
science for a changing world

Arsenic in NH

Probability of Arsenic \geq 5
micrograms per liter ($\mu\text{g/L}$)



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PFAS Study at Pease Seeking Participants

The Agency for Toxic Substances and Disease Registry (ATSDR) and the Centers for Disease Control and Prevention (CDC) are asking families who worked or went to school/daycare at Pease Tradeport in NH between 2004 and 2014 to participate in a health study related to PFAS exposure. There are seven similar studies at PFAS-contaminated sites around the country. Organizers of the Pease study are hoping to recruit 1000 adults and 350 children who may have consumed water at Pease during that time period, but are only halfway to their goal. If you know anyone who might fit the criteria for this study, you can read more about it and how to get involved here: <https://www.atsdr.cdc.gov/pfas/activities/pease.html>

Avoid Demo Day Surprises:

5 Tips to Keep Your Reno/Demo on Track

Spring is in the air and construction projects are ramping up big time. But before swinging the sledgehammers and opening a big messy can of worms, make sure you have gone over a Pre Demo Safety Checklist. Asbestos, Lead, Black Mold and other environmental hazards can be lurking just out of sight, and human exposure can be very dangerous. Know the laws, know what to look for, and when in doubt, ask! Your Town Hall, State's Department of Environmental Services, EPA, and firms like ARA are great places to get answers ahead of time so you don't put anyone at risk or run into big problems down the road. Here are a few important things to know:

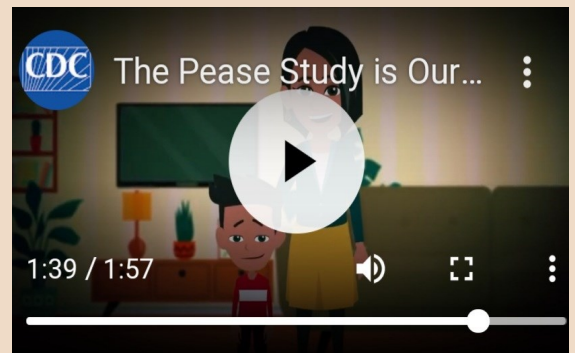
- A comprehensive [Hazardous Materials Survey](#) performed by a certified inspector will provide you with documentation related to the presence of lead, asbestos, PCBs and any other regulated hazardous materials on site.
- Any structure built before 1978 is very likely to contain both [lead paint](#) and asbestos.
- Building owners / contractors are **required** to have a certified [asbestos inspection](#) prior to renovation or demolition.
- If asbestos is identified, it should only be removed by a Licensed Asbestos Abatement Contractor.
- Homes & buildings that may be occupied by children are subject to Federal Lead Laws. Click to view [EPA's Lead Safe Brochure](#)

Homeowners doing their own renovations are strongly urged to understand potential hazards (especially asbestos and lead paint) and follow best practices to keep everyone safe.

Questions/concerns? Give us a call; we can help keep your project (safely) on track.

Did you consume water at Pease Tradeport between 2004 and 2014? The CDC is seeking volunteers for their health study on PFAS. **Participants eligible for up to \$75 in Gift Cards from CDC**

Short video shows what volunteers can expect:



Spring Construction Season Reminders for

- Municipalities issuing permits
- Contractors
- Building Owners
- Weekend Warriors



No time, no budget? We hear that a lot, and we get it. But ignoring these issues and the potential health risks, combined with possible EPA/OSHA violations, could be devastating.

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ARA Wins National Award from Environmental Business Journal

Environmental Business Journal® (EBJ), an international research publication providing strategic business intelligence to the environmental industry has honored Absolute Resource Associates (ARA) of Portsmouth, NH with an EBJ Business Achievement Award for Project Merit. To view the full press release click [here](#).

Free Webinar Coming Soon:

“Nailing the Sale”
What Every NH REALTOR®
Should Know About PFAS

Stay Tuned on our Social Media Pages for Registration Details:



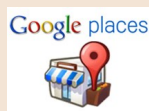
Followers entered in drawings for free swag!

Call For Coolers!

Do you have any ARA coolers hanging out in your office, storage area, loading dock or lobby? Our inventory is very low & we wonder if our customers are tripping over them while trying to work! If you'd like us to come grab a cooler, just shoot us an email & we'll schedule a visit. Thanks so much!



Like us? Tell Us! Love us? Tell the world!



The logos above link right to ARA's page for your quick review.

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