

FACT SHEET

Metals in Urine

introduction

Biological monitoring is a great complement to air monitoring. It is a measure of exposure of an employee to potential health risks through skin absorption or ingestion. It can therefore assist with prevention and control of work-related disease.

Health risk can be determined by comparison of the observed value to the Biological Exposure Index (BEI) for that contaminant – the BEI's are available from ACGIH (www.acgih.org).

the need

The Western Australian "Mines Safety and Inspection Regulations 1995" (Reg 3.28) specify that Biological Monitoring is to be performed where appropriate and possible.

Biological monitoring can work to:

- Assess employee health risk
- Evaluate workplace controls and their effectiveness (eg safety gear)
- Help prevent occupational health problems by identifying excessive absorption as early as possible

The Benefits

Biological monitoring has some advantages over air monitoring, as follows:

- Assessment is on an individual basis and takes into account the differences between people and their absorption rates of contaminants.
- Can also be considered as whole – especially for the evaluation of preventative measures.
- Can identify unknown or unexpected exposure to contaminants that is not predicted by air monitoring.

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why mpl

MPL Laboratories have methods set up for analysis of:

- Creatinine – used for standardisation of results
- Cadmium, chromium, copper, mercury, nickel, lead, vanadium
- Thiocyanate
- Fluoride

Strict quality controls are used:

- Spikes
- QC samples
- Blanks
- Repeats
- Standards

MPL can include relevant BEI's in reports

Confidentiality is assured, all results are forwarded directly to the person(s) indicated on the Chain of Custody and no others without written authorisation.

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