

A Guide to Biological Exposure Window Testing Times for Hazardous Substance Monitoring



Why do I need to undergo this testing?

If your work exposes you to hazardous substances, you may be required to undergo regular health monitoring including urine and/or blood testing. These tests help catch any health problems early, preventing them from becoming serious.

The timing for your urine and/or blood tests depends on the substances you work with. Check the table below to find the best time for your tests, based on the type of assessment mentioned in your appointment details from KINNECT.

HAZARDOUS SUBSTANCE	WHEN TO PROVIDE A SAMPLE
Arsenic (inorganic)	Urine sample should be provided at the end of shift at the end of your work week.
Benzene	Urine sample should be provided at the end of your work shift.
Beryllium	Urine sample should be provided at the end of shift at the end of your work week.
Butanone	Urine sample should be provided at the end of your work shift.
Carbon Disulfide	Urine / blood samples should be provided at the end of your work shift.
Chromium	Urine sample should be provided at the end of your work shift.
Creosote	Urine sample should be provided pre and post work shift.
Fluorides	Urine sample should be provided pre and post work shift.
Herbicides	Urine sample should be provided at the end of shift OR end of work week if using herbicide every day, collection must be within 48 hours of last exposure.
Isocyanates	Urine test should be performed at the end of your work shift.
Mercury (inorganic)	Urine sample should be provided at the end of shift at the end of your work week.
Methyl Bromide	Blood sample should be provided at the end of shift at the end of your work week.
MOCA 4,4'-Methylene bis (2-chloroaniline)	Urine sample should be provided at the end of shift at the end of your work week.
Nickel	Urine sample should be provided at the end of your work shift.
Organophosphate Pesticides	Urine / blood samples should be provided at the end of your work shift or the next day after exposure.
Pentachlorophenol (PCP)	Urine sample should be provided pre shift at the end of your work week.
Polycyclic aromatic hydrocarbons (PAH)	Urine test should be performed at the end of your work shift.
Solvents	Urine sample should be provided at the end of your work shift.
Styrene & Ethylbenzene	Urine samples should be collected at end of shift/working week.
Thallium	Urine sample should be provided at the end of your work shift.
Toluene	Urine / blood samples should be provided at the end of your work shift.
Uranium	Urine / blood samples should be provided at the end of your work shift.
Xylene	Urine sample should be provided at the end of your work shift.

Where do I go for this testing?

Please refer to your appointment confirmation from KINNECT to find out which clinic to go to and their operating hours. The date on your appointment may not match your work schedule, so please attend as soon as you can based on the information above, provided that the clinic is open and that you bring your referral form with you.