

Self-Directed Environmental Testing

Indoor-Restore Environmental Services offers self-directed environmental testing services, allowing you to collect and mail samples to us for laboratory analysis and receive an electronic report of test results. A variety of materials can be analyzed based on the substance(s) you wish to detect.

The following substances can be identified through our self-directed testing service:

- Asbestos
- Lead
- Water Contaminants
- Drug Surface Residue
- Mold

Each sample submitted can only be analyzed for a single item from the above list. If you wish to test for more than one substance, an additional sample is required for each test. Our Water and Drug Residue testing services allow testing for multiple substances for each test depending on the service you choose (see instructions for more details).

When we receive your delivery, your documentation and payment will be processed, and your samples are forwarded to the laboratory for analysis. When we receive results from the laboratory, a report will be generated and sent to you via e-mail to the e-mail address you specify on the Self-Directed Environmental Sampling form found on the final page of these instructions. **Standard turnaround time to receive your report is up to 10 business days after payment is received.**

Note: Use caution when you collect any unknown material. Use proper safety equipment including gloves, eye protection, respirator, etc. Wash your hands thoroughly before and after sample collection. Only use clean/new materials and sealable containers for sample collection to avoid cross-contamination.

Table of Contents:

- | | |
|---|----------|
| • Asbestos Sample Collection Instructions | Page 2-3 |
| • Lead Sample Collection Instructions | Page 4 |
| • Water Sample Collection Instructions | Page 5 |
| • Drug Surface Residue Sampling Instructions | Page 6 |
| • How to Submit Samples | Page 7 |
| • Self-Directed Environmental Testing Submission Form | Page 8 |

If you have any questions, please contact us directly.

Indoor-Restore Environmental Services
1024 Iron Point Rd, Folsom, CA 95630
Email: sampling@indoorrestore.com
Ph: 916-647-5411 Fax: 888-390-7502

Self-Directed Environmental Testing

Asbestos Sample Collection Instructions

Note: *It is recommended that at least two (2) samples are collected in each area of concern for contamination confirmation*

Popcorn Ceiling Texture / Acoustic Texture



1. Gently scrape or remove a 2-inch by 2-inch (2" x 2") area of the texture into a Ziplock-type bag, and seal.
2. Label the bag with a sample number, location the sample was collected from, type of material and property address.

Drywall / Plaster / Drywall Mud



1. Use a utility knife, drywall saw, or other sharp blade to cut out a piece of drywall or plaster. Cut at least 1-inch by 1-inch (1" x 1") square of drywall/plaster for each sample area.
2. Gently insert and seal in a Ziplock-type plastic bag.
3. Label the bag with a sample number, location the sample was collected from, type of material and property address.

Self-Directed Environmental Testing

Other Suspected Materials



1. Use a utility knife, blade, or scissors to cut out a piece of the suspect material. Cut at least a 1-inch by 1-inch (1" x 1") square of the material for each sample area.
2. Gently insert and seal in a Ziplock-type plastic bag.
3. Label the bag with a sample number, location the sample was collected from, type of material and property address.

Note: *If dust or debris is present at the sampling location, it is recommended that the area be wiped and cleaned with a damp or wet disposable cloth or towel. Do not vacuum or sweep any materials that may contain asbestos fibers. Wear proper protective equipment when collecting samples.*

Self-Directed Environmental Testing

Lead Sample Collection Instructions

Note: *It is recommended that at least two (2) samples are collected in each area of concern for contamination confirmation.*

Paint Chips



1. Scrape or remove approximately a tablespoon amount of paint into a Ziplock-type bag, and seal. If possible, gather multiple layers of paint (note that lead paint is often identified on the bottom layers of paint). Be careful not to scrape off the wood, plaster, or other building material.
2. Label the bag with a sample number, location the sample was collected from, type of material and property address.

Soil



1. Gather approximately 1 cup of soil and seal it in a clean Ziplock-type bag (double bag if necessary) OR use a clean, sealable jar/container.
2. Label the bag with a sample number, location the sample was collected from, type of material and property address.

Self-Directed Environmental Testing

Water Sample Collection Instructions

Note: *It is recommended that at least two (2) samples are collected in each area of concern for contamination confirmation.*

Basic Water Quality



Our water quality analysis tests for:

- pH
- Alkalinity
- Total Chlorine
- Total Hardness
- Copper
- Iron
- Nitrate
- Nitrite
- Lead (presence/absence)
- Pesticide (presence/absence)
- Bacteria (presence/absence)

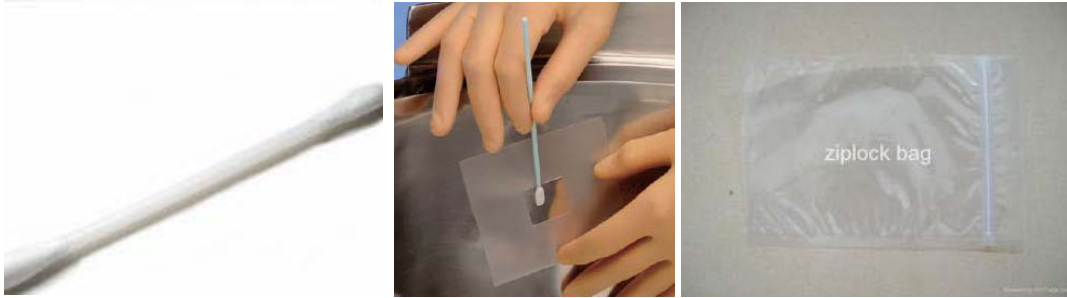
1. With a clean, watertight, sealable container (i.e. new water bottle). Wash the clean container out with the suspected water source (if possible). A leaking container will be deemed invalid.
2. Collect at least 100ml (or 4 oz) of water.
3. Label the bag with a sample number, location the sample was collected from, type of material and property address.

Self-Directed Environmental Testing

Drug Surface Residue Sampling Instructions

Note: *It is recommended that at least two (2) samples are collected in each area of concern for contamination confirmation.*

Surface Swab



1. Use a clean sampling pad or cotton swab.
2. Move the pad or swab back and forth, thoroughly covering the suspect surface area.
3. Place and seal in a clean Ziplock-type plastic bag.
4. Label the bag with a sample number, location the sample was collected from, type of material and property address.

Standard Drug Residue Includes ID:

- Marijuana/hashish
- Amphetamine
- PCP
- Heroin
- Opiates
- LSD
- Methamphetamine/ecstasy
- Ketamine

Advanced Drug Residue Includes ID:

- Marijuana/hashish
- Amphetamine
- PCP
- Heroin
- Opiates
- LSD
- Methamphetamine/ecstasy
- Cocaine/crack
- Ephedrine
- Ketamine
- Methadone
- Barbituates
- Thebaine
- Buprenorphine
- Quinine
- Diphenhydramine
- Ketamine

Self-Directed Environmental Testing

How to Send Samples



1. Be sure all sample containers are labeled correctly with the following information:
 - a. Sample number
 - b. Area/location of the property where the sample was collected
 - c. Type of material
 - d. Property address

(Example: "Sample #1 / Attic / Insulation / 1234 Main St, Folsom, CA 95630")
2. Complete the Self-Directed Sampling form on the following page of these instructions.
3. Include the following items in a padded envelope or box suitable for shipping:
 - a. Sealed bag(s) and/or container(s) containing your samples
 - b. Completed Self-Directed Environmental Testing form
 - c. Payment (see Self-Directed Sampling form for payment instructions; laboratory analysis will not begin until payment is successfully processed)
4. Package should be addressed to:

Indoor-Restore Environmental Services
1024 Iron Point Road
Folsom, CA 95630

Be sure to save a tracking number for your package with the shipping company of your choice to confirm your package has arrived to us safely.



**Self-Directed Environmental Testing
Sample Submission Form**

Indoor-Restore Environmental Services
1024 Iron Point Rd
Folsom, CA 95630

Phone: 916-647-5411

Fax: 888-390-7502

E-mail: sampling@indoorrestore.com

Form Instructions: Please complete all sections of this document in its entirety. To ensure legibility, details must be inputted electronically (digital typed format). Then, print and sign the form. Input may require installation of the latest version of your PDF reader.

Laboratory Results: Laboratory results are sent to the e-mail address entered below. Enter a valid e-mail address to ensure receipt. Due to the possibility of e-mail filtering, check your junk/spam e-mail folder if results do not arrive in your account inbox. Expect results up to 10 business days after date of payment received.

| | | | |
|--|--|----------------------|--|
| Sample Date: | | Mail-in Date: | |
| Full Name: | | | |
| Address (Street, City, State, ZIP): | | | |
| Phone Number: | | | |
| E-mail Address (for lab results): | | | |
| Project Address (if different): | | | |

| Testing Services | Quantity | 1 Sample | 2 or more | Price |
|-------------------------|----------|----------|-----------|-----------|
| Asbestos-Bulk | | \$ | \$ | \$ |
| Lead-Paint/Soil | | \$ | \$ | \$ |
| Water-Basic | | \$ | \$ | \$ |
| Drug Residue Standard | | \$ | \$ | \$ |
| Drug Residue Advanced | | \$ | \$ | \$ |
| Mold-Tape, Swab or Bulk | | \$ | \$ | \$ |
| Total Amount | | | | \$ |

| | | |
|-------------------------------------|--|-----------------------------|
| Payment Method (choose one): | Check* | Money Order/Cashier's Check |
| | *NSF fee \$35.00 Check/Money Order/Cashier's Check payable to "Indoor-Restore Environmental Services" | |

Further Instructions: Print this form, sign, and enclose with samples and payment.

Signature

Date

WEB100615