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# AMEND - Unleading Water

Community Science and Environmental Justice for Healthy Irish Homes

## About AMEND

AMEND is a joint research project between UCD and Dundalk IT. Its main objective is to test the Irish homes tap water to see if the level of lead is in a safe level.

## You will receive

We give you **two bottles** to collect two separate water samples, **labels**, and a **consent form** to be signed. You are kindly expected to use these to help us in sampling process.

## Directions

### The Night before:

To let the water sit in the pipes several hours which helps to measure the lead levels (if any) in your water accurately, **do not use any taps, showers, or baths during the night, and avoid flushing toilets overnight.**



### Sampling day

Two (2) separate samples of water should be taken from the main tap (usually the cold tap in the kitchen) and stored in the containers provided as follows:

## Steps to take

Please take the following steps to take a correct and scientifically valid sample from the tap water at your house. The first sample should be taken before any water is used or before any tap is opened in the morning – so this sample is the first thing in the morning.

## Step 1

**Draw a first sample (standing sample) of 500ml into the container labelled “Sample 1” from the kitchen tap.** Close the cap. This sample will provide information on the amount of lead that has built up overnight.



## Step 2

Run a full sink of water from the same tap (kitchen tap) to flush the water.



## Step 3

Draw a second sample of 500ml from the kitchen tap (flushed sample) into the container labelled “Sample 2” after step 2. Cover and set aside as the second sample. This will provide information on the amount of lead following flushing of water.



## Step 4

Sign the consent form.



## Step 5

Send the two samples and signed consent form to the collection point. The samples will be collected in bulk from the collection point and sent to the laboratory for analysis. You will be informed when to pick up the results of your water sample from the collection centre.

