

# Providing Urine Samples – Worker Instructions

Thanks for your compliance

1

- Collect a urine sample bottle and packaging from the person responsible for conducting the biological monitoring.

Remember to wash your hands

2

- Complete the bottle label with your code / ID, date and time of sample collection.

3

- Open the container and collect your urine. Ensure that the bottle is at least half full, please do not overfill.

Remember to wash your hands



4

- Firmly screw on the cap and place the sample bottle into the protective transporter casing. Ensure that the label details are visible from the outside.

5

- Press in the sides of the casing to ensure it is tightly shut.

6

- Immediately return the sample to the responsible person. For any queries ask them to contact the laboratory.

