

Microplastics and Health Webinar Series 2025:

Webinar 1 – Methodologies for appropriate and improved sampling, analysis, characterization, monitoring, and reporting of microplastics

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Today's Presentation



- Brief Re-Introduction to Microplastics
- Current Status & Methodologies
 - ► The III Parts of Microplastics Characterization
 - I. Collection
 - ► An aside: QA/QC, Contamination Prevention, and other Open Challenges
 - ▶ An aside: Reference & Standard Materials
 - ► II. Preparation
 - III. Characterization

Future Opportunities

- Improved quality
- Reference & standard materials
- ► Tissue & other complex matrix measurements
- Consortia & Global Methods Development

RECALL FROM 2024: DEFINING THE TERMS

5mm

WHAT ARE MICROPLASTICS (MNPS)

Plastic particles < 5 mm in length (WHO, 2022)

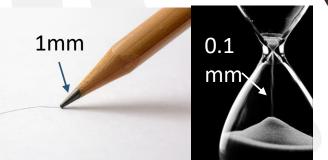
- Shape: Irregular fragments, sphere, fibers, films
- Composition and surface characteristics

WHAT ARE PARTICLES?

A minute piece of matter with defined physical boundaries and a defined physical boundary as an interface (EU Commission, 2011)

WHAT ARE MICROFIBERS? ARE THEY MICROPLASTICS?

- Solid polymer-containing fiber particle with dimensions: length of 3 nm \le x \ge 15 mm and a length to diameter ratio of > 3 (WHO, 2022)
- Considered microplastic if the size, shape and polymer compositions requirements are met.



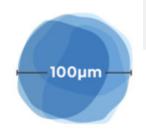
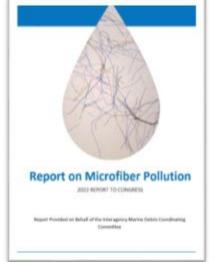


Table salt (100 microns)



EPA and NOAA Interagency Marine Debris Coordinating Committee, 2022



DEFINING THE TERMS

WHAT ARE PLASTICS?

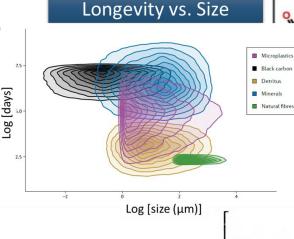
• High relative molecular mass polymer (20,000-200,000 Da)

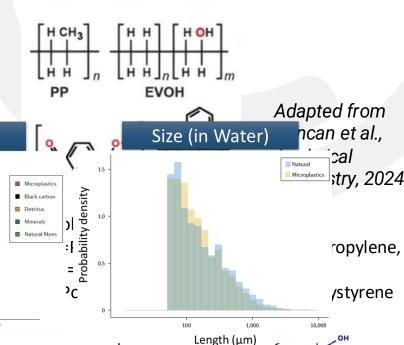
Shaped by flow at some stage in its processing into finished

products (ISO 472:2013)









Polymer type

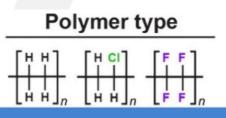
Natural rubber

Polysaccharide

WHAT ARE POLYMERS?

- Molecule of high relative molecular mass
- Multiple repeating units of low relative molecular mass molecules (IUPAC, 2008)

DEFINING THE TERMS





from

WHA

Microplastics have features both of microparticles and plastics.

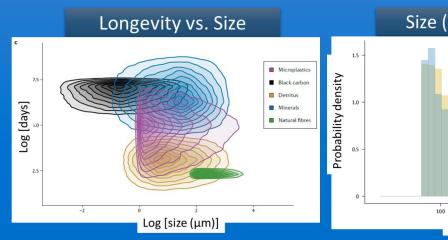
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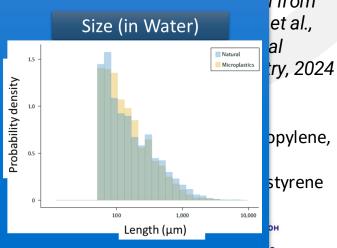
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Microparticles

Plastics





Adapted from Koelmans et al., Nature Reviews, 2022

WHA

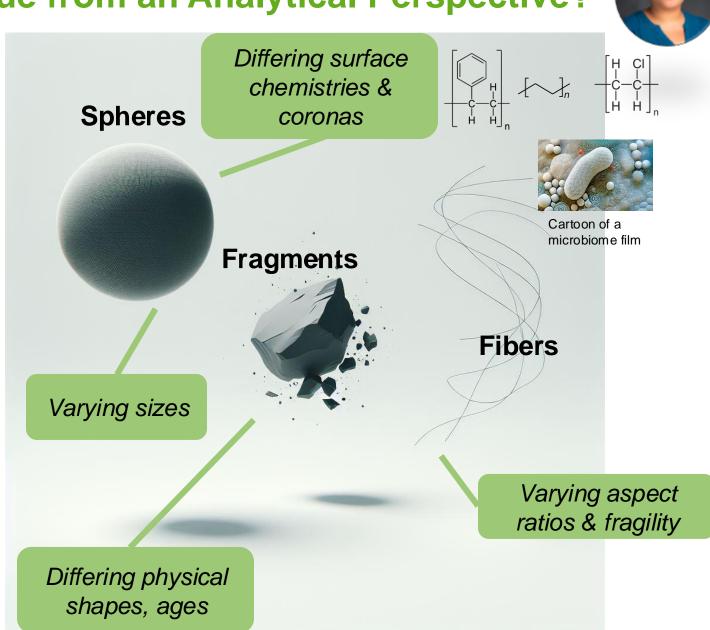
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Why Are Microplastics So Unique from an Analytical Perspective?

- Microplastics create additional challenges compared to traditional analyses
 - Chemistry
 - Particle
- The materials category of microplastics is extremely diverse!
- Recovery and analysis is dependent on both: physical & chemical parameters
- Contamination potential is prevalent
- Ideally, methods should perturb the microplastics as little as possible, with robust recoveries



How Do We Quantify & Chemically Identify Microplastics?







- Before MPs from the environment or biological samples can be analyzed, they must first be appropriately sampled, undergo rigorous extraction procedures in the laboratory, and the appropriate analytical technologies be chosen to characterize the number & weight MPs present (both important to hazard & risk)*
- Chemical-based identification, avoiding false positives and negatives is critical

*Microplastics Health Effects Panel, SCCWRP, California, 8 Sep 2021

I. Sampling: Starting Your Microplastics Journey









I. Sampling: How Microplastics Are Collected

Air

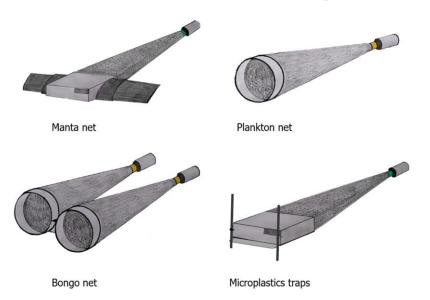
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- Very few standard methods exist from sample collection beyond water matrices
 - (ASTM **D8332-20**, ISO/CD **16094-1**, ISO **5667-27**)
- Collection categories are divided into Environmental & Biological Sampling
- ISO 24187:2023 provides general guidance for sampling
- Method of sampling directly impacts relevance of results

Each compartment can be sampled by a variety of unique methodologies, some of which are well-accepted, but rarely standardized for microplastics-specific applications



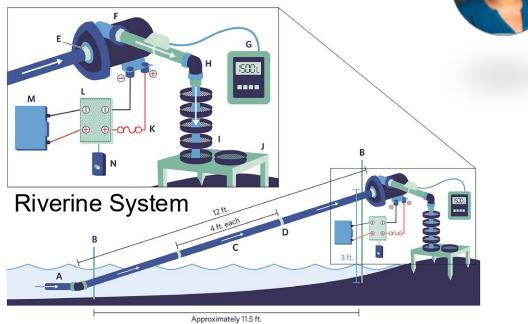
I. Collection of Samples in Aqueous Environments



(Campanale, C., et al. Sustainability, 2020)

- Majority of MNP water sampling has focused on environmental freshwater and marine environments. Limited analysis for drinking water or wastewater.
- Environmental sampling techniques include
 - Neuston or Manta Nets (< 330 µm)
 - Plankton Nets (< 100 µm)
 - Sieving (< 20 µm)

 - Clogging Sample volume challenges
 - Grab and Filter ex situ
 - Lower volume of water
 - Labor intensive/Costly



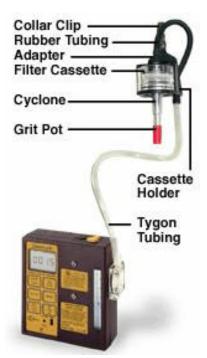
(Bryksa, J., et al. *MethodsX*, 2024)

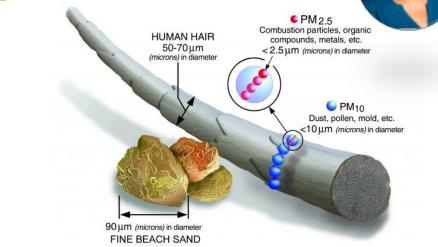
ASTM D8332 - 20 Standard Practice for Collection of Water Samples with High, Medium, or Low Suspended Solids for Identification and Quantification of Microplastic Particles and Fibers

- Sample Pump System
 - Controlled volume and depth
 - Sieve system
 - Lose small MNPs (< 20 µm)
 - Thousands of L collection possible

I. Collection of Samples in Air: Industrial Hygiene Inspired

- Many Active and Passive sampling techniques for microplastics are based on OSHA or NIOSH methodologies, e.g. NIOSH 500 and 600 for dust collection
 - Common measurement devices for dust / particles in air include:
 - Filter cassettes
 - Cyclones
 - Particle Impactors
 - Wet/dry collector buckets
 - Measurements have been obtained in outdoor & indoor air, as well as occupational-specific settings
 - Filter cascades can be applied in parallel to capture particles of differing size ranges



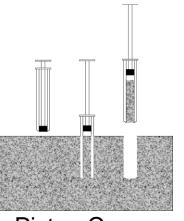


Particulate Matter (PM) Basics | US EPA

- For human health, focus on ≤ 2.5 μm
- In many cases, the volume of air filtered can be calculated to extrapolate concentration of particles (e.g. PM 2.5 values, ug/m³)
- Note: virtually all air sampling methods for particles are not chemistry-specific. Thus, analytical confirmation of chemical identity as a microplastic is critical

I. Collection of Samples in Soil, Sediment, & Compost

- Sediment
 - NOAA recommends 400 g ww per replicate
 - MFSD recommends at least 5 replicates within top 5 cm
 - Sampler options
 - Box Corer
 - Grab sampler
- Soil
 - No standard methods exist
- Compost
 - ► Ensure homogenous sampling
 - Varying degrees of organic & inorganic components
 - ► ISO/WD 24899 discusses methods for compost extraction for small amounts of compost

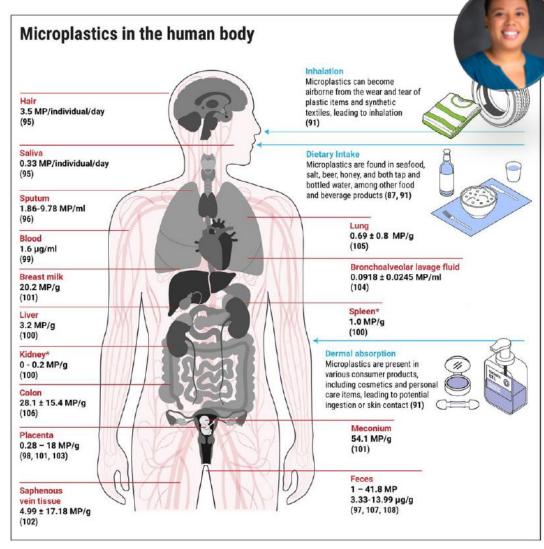






I. Collection of Biological Samples Focus on Humans

- Controlled toxicology studies
 - ► There are unique sampling/exposure differences in animal vs non-animal (ex. *in vitro*) based MNP studies
 - Quartz well plates (\$\$) for cell studies
 - Limited plastic environment for animal studies
 - Many currently use PS beads or fluorescently tagged MNPs
- Exploratory biological sampling
 - No standard methods for biological sampling i.r.t. microplastics exist
- ► Often occurs under typical medical operating conditions (non-ideal, high contamination risk).
- Newer studies reduce potential contamination during sampling (plastic-free samplers, glass blood tubes, metal bins, e.g.)
- More information in: Twenty years of microplastic pollution research—what have we learned? | Science
- Quality ranking for Human Health MNP associated papers review



"Figure 4. Quantities are as reported in each study and have not been further QA/QC screened for this review."

R. C. Thompson et al., Science 10.1126/science.adl2746 (2024).

II. Microplastics Extraction







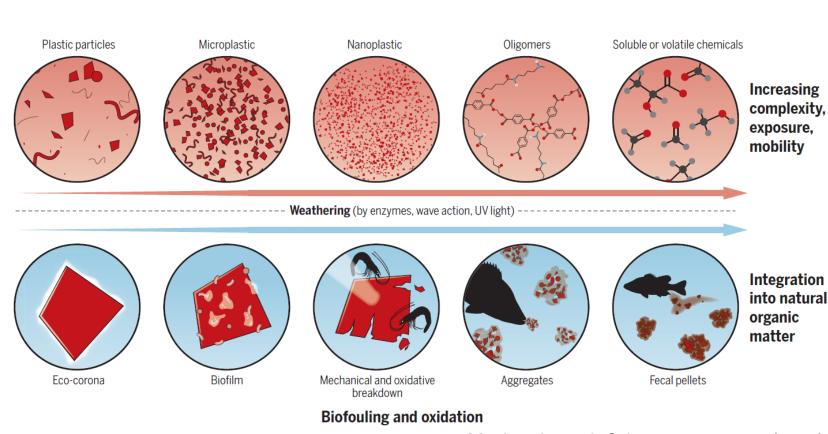


II. Microplastic Sample Preparation



Whether MPs are located in biological tissues or the environment, they have an associated matrix around them which should be removed prior to analysis

- MPs should be prepared considering:
 - Type of matrix
 - Method of analysis
 - Resulting potential for false positives or negatives
 - ► Chemistry of MPs
- Ideally, matrix removal should be reproduceable, allow MPs to remain intact with high % recoveries, and low signal interference



MacLeod, et. al, Science 373, 61-65 (2021)

An Aside...Microplastic Sample Preparation & Proper Protocols

9

Whether MPs are located in biological tissues or the environment, they have an associated matrix around them which should be removed prior to analysis

In-depth literature reviews indicate critical needs for quality development of the following areas associated with Parts: I (Sampling), II (Extraction), III (Analysis)



The reality is: as more complex samples are analyzed by advanced analytics, **data interpretation is increasingly complex**. Some representative impacts from the lack of quality checks will be discussed in Part III

The 2022 WHO Report <u>Dietary and inhalation exposure to nano- and microplastic particles, and potential implications for human health</u> indicates states: "...the available data are **of only very limited use for assessing the risk of NMP to human health.** Several shortcomings were identified, the most important of which was the heterogeneity of the methods used, including **use of "bespoke" methods** for analysing data..."

An Aside... Blanks & Lab Perturbation Tests: An Ideal Situation

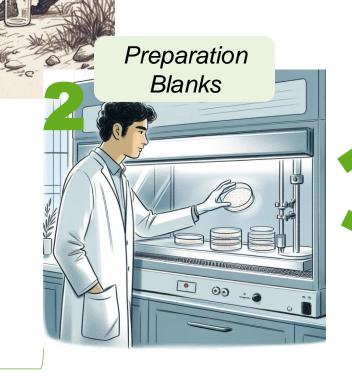


Blanks Protocols

QA/QC





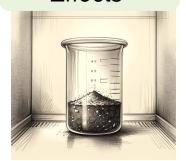




Chemical

Effects





* Note: there is no way to fully mimic environmental / biological impact on MPs, but we try our best in the lab!

An Aside...Contamination Prevention and Basic QA/QC Principles

Higher Quality Research = More Relevant Results

Contamination Prevention

Best Practices

- Method Transparency
- Note taking: clothing, observations
- Excellent lab & field hygiene
- Non-plastic clothing
- Laminar flow hoods / benches
- Good air filtration
- Use no plastic supplies or reduced quantities of plastic supplies, isolated room
- Masking (tox)
- Guidance in: ISO 24187:2023, A study to inform best practices for microplastic analysis, 2023

QA/QC

Example Spike Recovery

Density Gradient Step
PP % Recovery (50 mg): 89% ± 10%
PE % Recovery (50 mg): 56% ± 23%
LOD spike PP (5 mg) 30% ± 12%
LOD spike PE (5 mg) 22% ± 14%

Best Practices: Consider ISO Principles

- % Recoveries should be conducted for each extraction / transfer procedure (experimental spikes)
 - Relevant particle size(s)
 - Relevant particle chemistries
 - Relevant (multiple) concentrations
- Control standards in addition to experimental spikes should be analyzed against calibration curves
- Process blanks, instrumental, and analysis blanks should be run
- The chemical & environmental impacts on reference materials should be elucidated (qual and/or quant evaluation)
- Evaluation of matrix background for potential false positive / negative effects is CRITICAL

An Aside...Reference & Standard Materials



- Reference materials are manufactured according to strict specifications and, for e.g. certified by NIST for one or more quantities of interest
- Standard materials are often analyzed / certified with traceability, and can be used for instrument calibration & analysis, and compared to reference standards
- References & standards needs for tox differ significantly from enviro. applications
- Current microplastics "Kits" include:
 - Polymer Kit 1.0 (22 polymers, <u>Hawai'i Pacific University</u>)
 - ▶ Polymer Kit 2.0 in development, Polymer Kit 2.0: Reference materials
 - Frontier Microplastic Calibration Standard <u>kit</u>
 - NIST Polymer pellet <u>SRM</u>
 - Companies like Sigma, Microplastic Solutions
 - ▶ JRC (Study) Reference materials for microplastics in water
- Reference / comparison vibrational spectroscopy data can be found in:
 - ► Raman <u>SLOPP and SLOPP-E</u> and FTIR <u>FLOPP and FLOPP-E</u>
- Reference & standards needs discussion in: Microplastic Reference Materials Invited Expert Workshop





II. Sample Preparation for Tissue / Organ Samples

- Matrix removal for biological samples often focuses on organic contaminants which can impact multiple types of analytics from properly identifying micro and nanoplastics:
 - E.g. fats, oils, cellulose, oligomers, lipids, other natural polymers
- No standard methods exist for microplastics extraction from biological tissues, and new methods are constantly being developed. Partial digestion of matrix remains a major challenge
- Common digestion methods include (with some combinations of below):
 - Basic digestion: potassium hydroxide, sodium hydroxide
 - Acidic digestion: nitric acid
 - Oxidative digestion: hydrogen peroxide, sodium hypochlorite
 - Enzymatic digestion
 - Microwave-assisted digestion
 - Increased temperatures
- Time scales for digestion range days to weeks but digestion efficiency has limited information
- Some methods include a density separation step or further processing depending on analysis
- More information can be found in: <u>C. Fiore, et. al. 2024</u>. A review on methods for extracting and quantifying
- microplastic in biological tissues

II. Sample Preparation for Additional Matrices



- Existing standards for extraction from water include: ASTM <u>D8333-20</u>, ISO 16094-1 to 3
- Typical extractions include multiple steps:
 - Density gradients
 - Oxidation or matrix removal, e.g.
 - Fenton reaction
 - Schweizer reaction
 - Acid or base digestion
- The more contaminated a sample is, the greater the need for rigorous extraction procedures (i.e. MPs in clean water require much less prep than with high suspended solids)
- Reproducible extraction of MPs from sediment / soil is notoriously <u>difficult</u>
- One method <u>ISO/WD 24899</u> is in development for extraction of microplastics from compost

Table 2. Separation of polymer types by solutions used in density separation.

Polymer	Density (g cm ⁻³)	Water	NaCl	NaI	ZnBr ₂
		1gcm ⁻³	1.2gcm ⁻³	1.6gcm ⁻³	1.7gcm ⁻³
PP	0.9-0.91	+	+	+	+
PE	0.92-0.97	+	+	+	+
PA	1.02-1.05	-	+	+	+
PS	1.04-1.1	-	+	+	+
Acrylic	1.09-1.20	-	+	+	+
PMA	1.17-1.20	-	+	+	+
PU	1.2	-	+	+	+
PVC	1.16-1.58	-	±	+	+
PVA	1.19-1.31	-	±	+	+
Alkyd	1.24-2.10	-	-	+	+
Polyester	1.24–2.3	-	-	+	+
PET	1.37-1.45	-	_	+	+
POM	1.41-1.61	-	-	±	+



NIST / HPU Density Separation Device for Sediments with Sodium Polytungstate (Density: 2.3 g cm⁻³) at BASF Corp Labs

Label:+: separation, ±: possible separation, -: not separated. Polymers: PE: polyethylene, PP: polypropylene, PS: polystyrene; PA: <u>polyamide</u> (nylon), POM: polyoxymethylene, PVA: <u>polyvinylalcohol</u>, PVC: polyvinylchloride, PMA: poly methyl <u>acrylate</u>, PET: <u>polyethylene terephthalate</u>, PU: polyurethane (polymer density adapted from Ref. [44]).

- No standard methods for extraction from sediments or soils exist; however, a <u>Density Separation Device</u> was developed by K.
- 21 Shaw, et. al. at NIST / Hawaii Pacific University for sediments

III. Analysis - Completing Your Microplastics Journey









Microplastic Quantitative Analytics Rundown

Count-Based

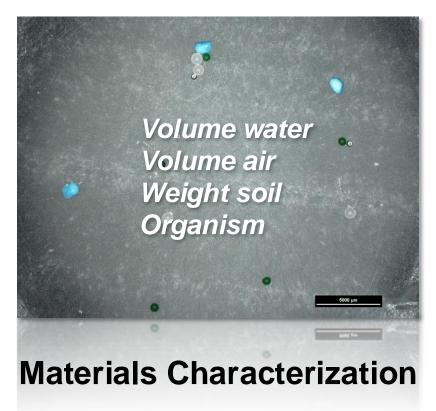
How many?

Microscopy / Imaging Methods

μ-infrared imaging μ-Raman imaging laser diode infrared imaging multispectral imaging fluorescence imaging scanning electron microscopy transmission electron microscopy optical light microscopies

Flow Measurements

light scattering (dynamic light scattering / electrophoretic light scattering) flow cytometry flow cams nanoparticle tracking analysis



What are the physical characteristics?

Thermal Methods

thermogravimetric analysis, differential scanning calorimetry

Surface & Others atomic force microscopy (with infrared), melt tests, refractive index, nuclear magnetic resonance spectroscopy



Mass Based

Weight?

Mass Spectrometry Methods

thermal extraction/desorption gas chromatography mass spectrometry (TED GC/MS) Pyrolysis GC/MS

Gravimetric Analysis Weigh it!

- No size limits
- Sample weight limits vary per instrument

At minimum, an MP study should have confirmed chemical identity of microplastics and confirmed presence of solid particles

A Quick Dive into Count-Based Spectroscopic Methods



Current Status:

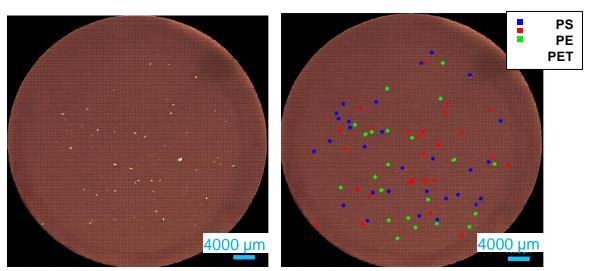
- Raman and µIR spectroscopic imaging remain dominant methods
- Expertise & experience is still required for proper analysis
- Machine learning / AI & automated imaging & particle counting / statistical analysis improving
- Subsampling is still a critical issue
- No reference materials readily available for complex plastics and/or aged plastics
- Standard methods for MPs originating from <u>water</u> only: <u>ISO/DIS 16094-2</u>, ASTM WK87463

IR Benefits & Limitations:

- Theoretical lateral LOD tens of µms
- Interference from water / moisture & dyes / additives possible
- False positives possible: oligomers, stearates, oils, fats, surfactants, etc.
- Should have high % match to relevant referencematerials (> 80%)

Raman Benefits & Limitations:

- Theoretical lateral LOD 1 μm
- Advances beyond diffraction limit with model systems
- Water not a major interference
- Dyes (fluorescence) can cause interferences or sample melting
- False positives possible: oligomers, stearates, oils, fats, surfactants, etc.
- Should have high % match to relevant reference materials (> 80%)



Raman mosaic image demonstrating different MP chemistries potentially indistinguishable by light microscopy Kyle Akred, MS – BASF Corp

A Quick Dive into Mass-Based Methods (Pyrolysis Highlight)

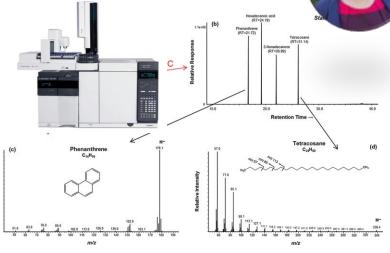
Current Status:

- Standard Methods for water matrices only: <u>ASTM</u>
 <u>D8401-24</u>, <u>ISO/DIS 16094-3</u>
- Simultaneous detection, ID, & quant of individual polymer types possible
- Many questions remain on impact of matrices for output

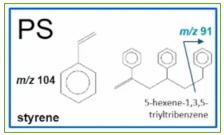
Benefits & Limitations:

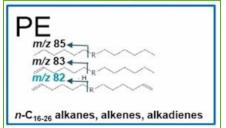
- Powerful! Chemical specificity, can ID smaller molecules, additives
- **Extremely low LOD**, theoretically (<0.005 mg), but narrow calibration range
- Trace biofilms, fats, organic & inorganic molecules, pH can all impact quant & qual ID (false positives AND negatives)
- Some polymers require reactive pyrolysis
- Biological samples often require significant adaptation of sample preparation for matrix removal & QA/QC before pyrolysis can be used (not nearly as simple as vibrational spectroscopies)!

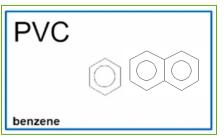
- 1. Heat sample
- 2. Separate fragments on column
- 3. Detect by MS

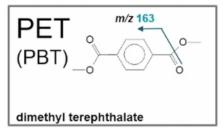


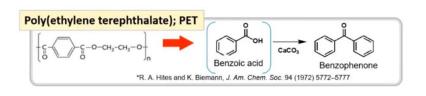
Resulting pyrolyzate patterns are unique, but must be carefully compared to similar patterns from organic molecules, making expertise a critical component of analysis!



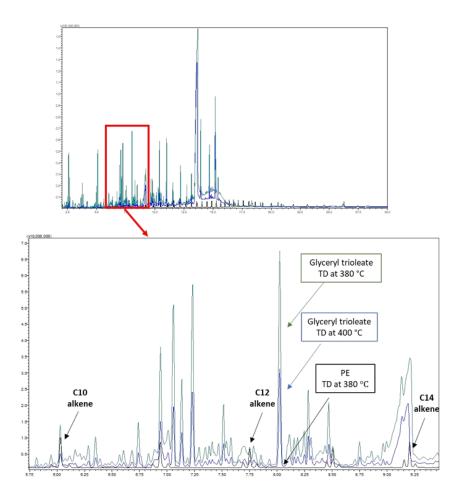








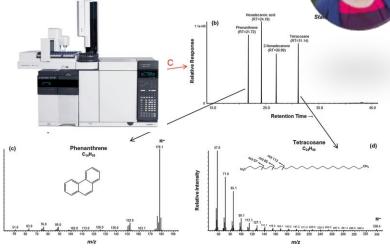
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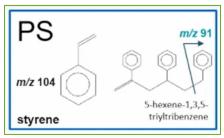
C. Rauert, et. Al. J. Environ. Exp. Assmt. 2022, Extraction and Pyrolysis-GC-MS analysis of polyethylene in samples with medium to high lipid content

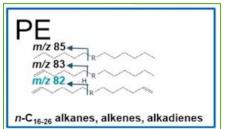
C. Rauert, ES&T 1015. Assessing the Efficacy of Pyrolysis—Gas Chromatography—Mass Spectrometry for Nanoplastic and Microplastic Analysis in Human Blood | Environmental Science & Technology

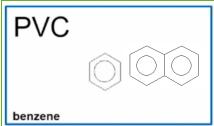
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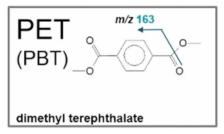


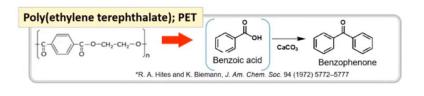
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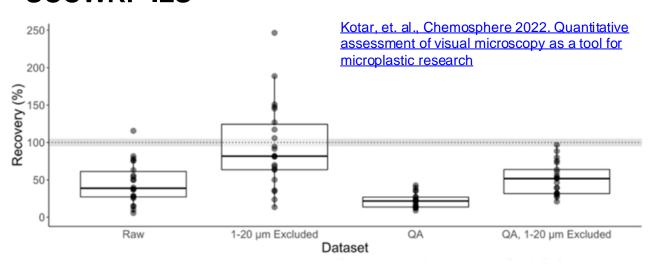




Previous Interlaboratory Studies Tell Us Quantitation is Complicated

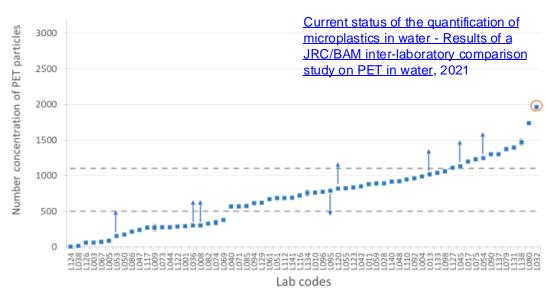
- We've improved since these ILSs; historically, they tell us reproducibility in results even in controlled conditions is difficult!
- Further guidance is required to improve outcomes for reproducibility & robustness
- Methods are often complex, and further streamlining is needed to make analyses "routine"

SCCWRP ILS



"Average recovery (\pm StDev) for all reported particles >50 µm was **94.5** \pm **56.3%.** After quality checks, recovery for >50 µm spiked particles was **51.3** \pm **21.7%.** Recovery varied based on morphology and color, with poorest recovery for fibers and the largest deviations for clear and white particles. **Experience mattered**..."

JRC/BAM ILS



"The scatter of measurement results is very high, revealing a **substantial lack of inter-laboratory reproducibility** that seems to be largely independent of the analysis technique applied. This is a severe problem for the comparability of measurement results..."

Future Growth Opportunities



Growth in the 4 Opportunity for Improvement Areas will continue to increase the quality level and relevance of future studies, especially in the lens of biological samples

Contamination Prevention Blanks Protocols

QA/QC

Reference & Standard Materials

- Analytical & technological advances continue to lower LODs and improve ease of analysis
- Advances in the complexity of modeling have the potential to improve our understanding of hazard & risk
- Standards Organizations & Government Orgs will continue to develop methods & guidance
- With such a complex topic, no one group can improve the level of scientific knowledge alone. Increasing collaborations between government, academia, and industry may be key to advancing this scientific field, e.g.
 - Southern California Coastal Water Research Project
 - **► MARII**
 - **▶** Operation Clean Sweep

Future Opportunities – Industry Efforts



Microplastics Advanced Research & Innovation Initiative (MARII)



Developing a Holistic Risk Assessment Framework



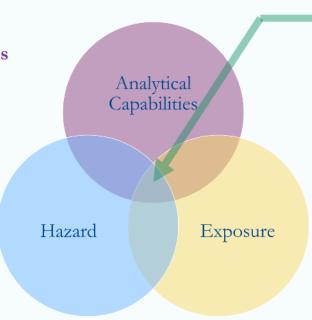
- Standard Sampling Methods
- Analytical Methods
- Reference Materials



- Approaches to identify human health hazards
 - Ingestion & Inhalation



- Approaches to identify environmental hazards
 - Aquatic ecotoxicity
 - Model organisms



Risk Assessment









■Human Health

- Uptake and internal distribution
- Composition of indoor and outdoor air

Environmental Exposure

- Fate, transport, and sediment deposition
- Adsorption and bioaccumulation





Microplastics Advanced Research and Innovation Initiative (MARII) - International Council of Chemical Associations (ICCA)

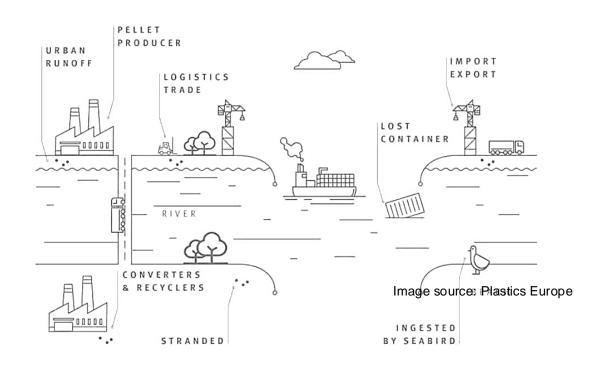
Future Opportunities – Industry Efforts



peration Clean Sweep®

- Operation Clean Sweep® (OCS)
 - a global program for the prevention and containment of plastic/resin pellet/flake/powder loss during production, loading, distribution, processing and recycling
- Initiated by the US plastics industry association in 1991, globally adopted by other associations as program licensees and more than **5,000 companies** participating
- Signed associations and pellet-handling value chain commit to pro-actively implement good housekeeping practices
- Available: Manuals, best practices, reporting, third-party auditing & certification

Sources of pellet spills



Advances in Analytical Technologies

Next generation analytical technologies are constantly being developed & evolved to reduce detection limits, improve instrumentation runs, and interpret data sets. E.g.

- Microcavity size selection with Raman microscopy (European Commission, Joint Research Centre)
- Nanoflow assays (NIST)
- Hyperspectral imaging flow cytometry (DoE and EPA)
- Photothermal IR (multiple academic labs)
- Nonlinear spectroscopies (academic labs)
- Single particle chemical analysis
- Machine Learning & Al-supported automated data analyses



Take-Home Messages & Acknowledgements





- Microplastics investigations began in aqueous environments; unsurprisingly, the next frontier to tackle with increasing harmonization is quantitation and chemical ID of microplastics in more complex matrices (e.g. additional environmental compartments, biological samples)
- Advances in analytical technologies have allowed for improved analysis (targeted ID, lower detection limits) but multiple challenges for false positives and negatives, contamination prevention, QA/QC, and reference and standard materials remain.
- Increasing levels of quality and transparency in research will be critical to aid in the improved understanding of exposure, hazard, and risk, and improved relevance for results
 - ► The generation of new standard methods, guidance, and reference and standard materials moves us in the right direction
- Lessons / exchange between multiple sectors will further enhance breakthroughs in MP science

Thank You

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