Instructions – Hair collection

Preparation I

Questionnaire on hair characteristics

- ✓ Ask participant to answer questionnaire before or during hair sampling procedure

Preparation II

Required materials

- ✓ Aluminium foil
- ✓ Scissor
- ✓ Hair grip, hair clip
- ✓ Comb
- ✓ Packthread loop
- ✓ Permanent marker

Step I

Finding the vertex posterior (upper back of the head)

- ✓ Divide the upper hair at the back of the head using the hairgrip or comb and pin upper hair up using hairgrip and/ or hair clips
- ✓ For orientation: slightly above the height at the tip of the ear

Step II

Separating hair strands using thread loops

- ✓ Separate 2-3 hair strands (you may use the comb)
- ✓ Thread the combed strands through the loop and tighten the loop

- ✓ Please note: overall diameter = half of a pencil = at least 3 mm or ⅛ inch

Step III

Cutting hair strands

- ✓ Cut the hair as close as possible to the scalp
- ✓ Please note: hair strand kept firmly fixed in thread loop

Step IV

Placing sample on prepared aluminium foil

marking

thread loop

- ✓ Place the strands (still fixed by thread loop) on the aluminium foil
- ✓ Mark the root/ scalp-near end of the hair strand by drawing a line on the aluminium foil using a permanent marker
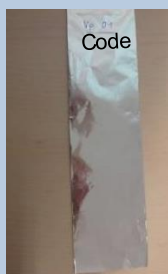
Step V

Folding aluminium foil

- ✓ Fold the aluminium foil but do not fold the sample
- ✓ If the sample is longer than the aluminium foil, hair strands can be cut from the distal end

Step VI

Documentation and storage

Code

- ✓ Write an unique participant ID on the aluminium foil
- ✓ Note, if you have several time points, please add the time point; e.g., T1, T2 and so on

Storage

Storage

Code

- ✓ Put the aluminium foil with the hair characteristics questionnaire (including participant ID) in a transparent folder
- ✓ Store the sample at a dry and dark place at room temperature (in a folder/ binder stored in cabinet/ box)