

**Exposure to heavy metals in sediment at Tibble Fork Reservoir is not expected to harm your health.**

Utah County, March 2023

## Why did EEP evaluate Tibble Fork Reservoir?

Historic mining activities in the American Fork Canyon contaminated the streams that feed into Tibble Fork Reservoir with heavy metals. Heavy metals have been found in the sediment, but they are not typically found in the reservoir waters. Sediment is made up of particles, such as soil and sand, that settles at the bottom of water bodies. Some members of the public have expressed concern about the heavy metals in the sediment and beach area.

The Utah Department of Environmental Quality (UDEQ) asked the Utah Department of Health and Human Services (DHHS) Environmental Epidemiology Program (EEP) to evaluate if heavy metals pose a health risk to the visitors at Tibble Fork Reservoir.

## What did the report find?

The Utah Department of Environmental Quality tested sediment samples from Tibble Fork Reservoir for

- Antimony
- Arsenic
- Cadmium
- Copper
- Iron
- Lead
- Manganese
- Mercury
- Nickel
- Silver
- Zinc

After carefully examining the data, DHHS EEP has concluded that heavy metals at Tibble Fork Reservoir are not expected to harm peoples' health. Levels of heavy metals in sediment are well below levels of health concern.

### Summary

Recreational activities at Tibble Fork can expose you to heavy metals; however, **it is not expected to harm your health.**

Read the full report at:  
[appletree.utah.gov](http://appletree.utah.gov).

## How can I reduce my exposure to heavy metals while visiting Tibble Fork?

- Rinse off with clean water after you visit and play in the reservoir.
- Wash your hands well with soap and water before you eat or drink.



**Figure 1.** Visitors on beach at Tibble Fork Reservoir, Utah County.

## How can I minimize exposure to lead?

As part of the study, DHHS EEP assessed the risk of lead exposure. Although levels were below health-based screening values, there is no safe level of lead, especially in children. Therefore, DHHS **EEP recommends you limit your contact to any materials that contain lead**, both at Tibble Fork Reservoir and at home.

You can find more information about preventing children's exposure to lead by scanning the QR codes below or by visiting the CDC's website [www.cdc.gov/nceh/lead/default.htm](http://www.cdc.gov/nceh/lead/default.htm).



CDC Childhood Lead  
Poisoning Prevention



UT Environmental Public  
Health Tracking  
Network

**Utah APPLETREE evaluates environmental data to assess health risks at contaminated sites.** We collect community input and make recommendations on how to protect public health based on this information. APPLETREE is a program within the DHHS EEP. You can learn more by visiting our website at [appletree.utah.gov](http://appletree.utah.gov).

## About Tibble Fork Reservoir

Tibble Fork Reservoir is a 20-acre freshwater lake located in the American Fork Canyon. The reservoir is fed by the American Fork River, Deer Creek, and Tibble Fork Creek. Tibble Fork Reservoir is a popular recreation area to hike, fish, canoe, paddle board, and swim.



**Figure 2.** Tibble Fork Reservoir, Utah County.

## Questions? Contact us.

### Environmental Epidemiology Program



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### Utah APPLETREE Program



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