

**ABSTRACT:** This research work considers the concentrations of heavy metals in the hand-washed water collected from school kids. The aim of this research study is to inculcate the health prospects of heavy metals in the students' activities. The primary heavy metals under investigation include Zn, As, Cd, Cu, Pb, Ni, Mn, Cr, and Fe due to their toxic effects on the environment. For data collection, the public school of Lahore was selected then forty samples were collected besides two blank samples of tap water were collected. These samples were going through acid digestion. The whole demonstration of the concentration of the heavy metals was analyzed by atomic absorption spectrophotometer Agilent technologies Model no 240 AA, while for the analysis of Arsenic, another technique, Vapor Generation Assembly (Agilent technologies Model 77AA), was used. The laboratory results were studied comparatively with the World Health Organization, Environment Protection Society and Pakistan Standards of Environmental Quality Indexes. Health impacts of the Chronic daily intake values were also quantified for the students. The trend of heavy metals is from  $Ca > Mg > Mn > Zinc > Cu > Fe > Pb > Ni > Cr > As > Cd$ . It reflects that the results of most metals like Ca, Mg, Cu, Fe and Zn were within the required limit. At the same time, it can fluctuate due to human activities.

**KEYWORDS:** Handwashing; Heavy metals; Students hygiene; Health effects of heavy metals; Probable daily intake; AAS