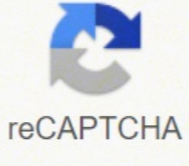




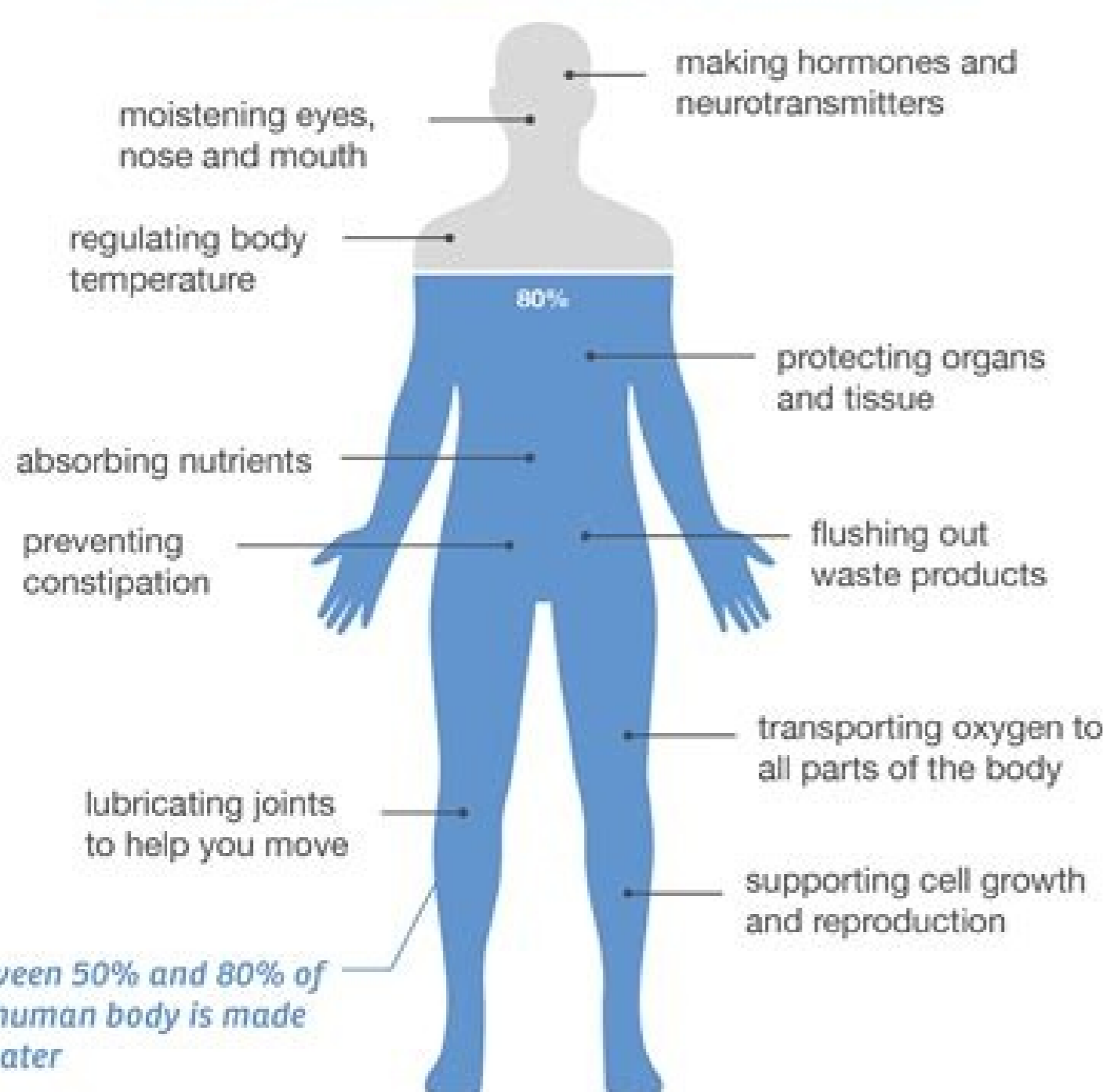
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Next

Water and your health

Drinking plenty of water every day is important for good health. Your body relies on water for many functions, such as:



Between 50% and 80% of the human body is made of water

We get about one fifth of the water we need from food and the rest from drinking fluids.

Men need about 10 cups* of fluids every day, women need about 8 cups and kids need 4-8 cups depending on their sex and age.

It's a good idea to choose water over other drinks that contain added sugars or alcohol.

*In Australia, 1 cup is equivalent to 250ml.

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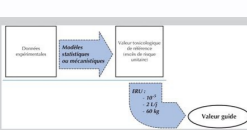


Table 8.1 Chemicals recommended for use in the treatment of drinking water

Treatment chemical	Formula	Original date of approval by NHMRC	Uses
Aluminium chlorohydrates	AlCl(OH) ₂	1905	Coagulation
Aluminium sulfate (alum)	Al ₂ (SO ₄) ₃	1903	Coagulation
Azoxonium	NH ₄ ⁺	1903	Generation of chloramines for disinfection
Ammonium sulfate	(NH ₄) ₂ SO ₄	1903	Generation of chloramines for disinfection
Calcium hydroxide (hydrated lime)	Ca(OH) ₂	1903	pH correction Softening Corrosion control
Calcium hypochlorite	Ca(OCl) ₂	1903	Disinfection/oxidation
Calcium oxide (quick lime)	CaO	1903	Coagulation aid pH correction Softening Corrosion control
Carbon, powdered activated granulated activated (PAC/GAC)	C	1903	Adsorption
Chlorine	Cl ₂	1903	Disinfection/oxidation
Chlorine dioxide	ClO ₂	1905	Disinfection/oxidation

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Parameter	WHO Guideline value
Faecal coliform or E. coli	Not detectable in a 100 mL sample
Aluminium	0.2 mg/L
Arsenic	0.01 mg/L
Ammonia	1.5 mg/L
Calcium	0.003 mg/L
Arsenic	0.01 mg/L
Chloride	250 mg/L*
Colour	15 PCU*
Copper	2 mg/L
Fluoride	1.5 mg/L
Hydrogen Sulphide	0.3 mg/L*
Iron	0.3 mg/L*
Lead	0.01 mg/L
Manganese	0.1 mg/L*
Nitrate	10 mg/L*
Sodium	200 mg/L*
Sulphate	250 mg/L*
Turbidity	1 NTU*
Total dissolved solids	1000 mg/L*
Zinc	3 mg/L*

*May not be toxic but could result in consumer complaints

A positive test for E. coli or faecal coliform organisms in drinking water indicates the need for immediate remedial action and additional measurements. As soon as possible,



National Water Quality Management Strategy

AUSTRALIAN DRINKING WATER GUIDELINES 6

2004

Revised by NHMRC 10 - 11 April 2002

Uranium is a radioactive heavy metal where exposure has been associated with kidney damage. In July 2006 100 workers at Beverley Uranium mine in South Australia were exposed to uranium through contaminated drinking water. Government water services ended in 2013. Most Naegleria species are however non pathogenic. Uranium in the groundwater at Yeelirrie was recorded at levels 140 times higher than the safe drinking water limit in 2011, however most of the bores (except 1) sourcing groundwater for drinking water, stock watering or irrigation had fallen into disrepair. In October 2016 uranium above guideline levels was also detected in the New South Wales communities of Kootingal, Moombi and Bendemeer. Uranium in drinking water can be difficult to treat if no alternative supplies can be found. ARTESIAN: Water, such as Fiji, that filters through an aquifer -- a layer of porous rock, sand, or gravel -- and is bottled directly from an underground well, without coming in contact with surface impurities. For example, it has recently been estimated \$2.7 million will be required to resolve water quality issues at Burringurrrah and Pia Wadjari. Although there have been concerns about Western Australian remote communities concerning drinking water, exact information has been difficult to locate. Ranger Uranium Mine (where toxic tailings are currently being dumped into pits) has leached contamination into Kakadu National Park, Rum Jungle uranium mine (1954-71) caused Acid Mine Drainage pollution to the East Finniss River where 640,000 tonnes of tailings were discharged damaging 100sqkm of floodplains. No detection levels were printed in the auditors report. Nitrate breaches occur quite frequently in the Pilbara region with three communities recording numerous nitrate breaches in 2018/20. New treatment technologies recently suggested in the NT, aimed at curbing uranium in drinking water include membrane capacitive deionisation and electro chemical technology which may reduce nitrates and heavy metals. Uranium has also been detected in recent years at Uranangie (125km west of Dajarra) at 0.017mg/L and Eton (located 2.7km south west of Mackay) in 2016. There have also been hundreds more people in Queensland and New South Wales exposed to relatively high levels of uranium in their drinking water over the past few years. Anyone downstream of these leaking mine sites could also be jeopardised through exposure to waterways downstream of the mines. Chill for at least an hour and drink within the day. Most publicity in the past have been associated with levels of nitrate in drinking water. MINERAL: Bottled water containing at least 250 mg/liter of dissolved calcium, magnesium, salts, and other substances; can be sparkling or still. Sweetness and a hint of color to club soda, ginger ale, or tap water with homemade ice cubes flavored with simple syrups. Consumption of uranium tainted water probably went on for many years, but residents will never know as testing by the local council only began in 2014. Total Uranium breaches dropped by ~22% over the time period. More information can be found here. Crocodile Hole in the Kimberley also reported one breach. FLAVORED ICE CUBES Add special effects to your beverages with homemade ice cubes in flavors such as lime and grenadine, ginger and elderflower. Aboriginal people were also reported to have been exposed to the contamination after drinking from a tap that should have been shut off. Baccarat's crystal Capri pitcher (back right) boasts a classic silhouette. These technologies can be expensive and water authorities balk at the cost of adequately servicing remote communities due to the distance and the number of people serviced. The communities, Millaroo and Dalbeg, which the authorities said was caused by groundwater. Nuclear blasts at Maralinga and Emu Field in the 1950's also led widespread contamination of Australia through nuclear fallout, including drinking water reservoirs and water tanks. The population of Buttah Windee dropped from 50 to 12 over the next few years. Location of communities across Australia which have recorded levels of uranium and radionuclides above Australian drinking water guidelines over the past decade or so. Mary Kathleen Mine and Ben Lomond Mine in Queensland have also caused downstream pollution. Laramba a community with perhaps the highest uranium levels recorded in Australia is one of the communities prioritised. Treatment Options The two biggest challenges in terms of treatment options are a) financing for new treatment technology and b) sourcing alternative supply options. Levels of detection were not published in the audit report. Radionuclides or radiating emitting elements in drinking water (breaching 1mSv/yr) over the past decade or so have included the communities Kings Canyon, Alice Springs, Borroloola and Binjari in the NT. Tjuntjuntjara, a "Goldfields" community recorded 4 uranium breaches over 2012/14, but none in 2018/20. This was particularly so for the Kimberley's and Goldfields regions. Communities in mainly the Northern Territory and Queensland, which have recorded uranium and radionuclides in their drinking water above guideline levels over the past decade or so. Excessive nitrates can cause the potentially life threatening Blue Baby Syndrome (methemoglobinemia), where the skin turns blue and the baby has trouble breathing. The small community of Buttah Windee, located 5km from Meekatharra in WA's Pilbara discovered uranium above guideline levels in their drinking water in 2009. Four Pilbara remote communities had uranium detections higher than the Australian Drinking Water Guidelines in 2018/20. Water carting may be a viable option for some of these communities. Elsewhere in Australia Despite problems in Western Australia, the Northern Territory also continues to suffer from uranium in drinking water in a number of communities. WATER 101 Nearly 3,000 brands of bottled water are available on the market -- enough to confuse even the savviest shoppers. The plant supplies about a dozen people. Uranium breaches were confined to four communities in the Pilbara in 2018/20: Pia Wadjari (8), Burringurrrah (5), Parngurr (3) and Kijikurra (1). The highest levels were detected in January 2021 at Dajarra (population 200 located 1000km west of Mackay) in western Queensland at 0.046mg/L, almost three times higher than the safe guideline. Chronic breaches have occurred in 3 communities, Laramba, Willowra and Wilora over the past decade and probably much longer. The majority of people impacted will be Aboriginal. The highest recorded levels at Laramba each year also appear to be increasing. SLICED FRUIT Fresh fruits and vegetables are all you need to transform tap water into something special. And best of all, it costs just pennies a serving. Photo: Parngurr in remote Western Australia is one community which has been exposed to uranium through their drinking water above Australian Drinking Water Guidelines. 50 people had been living in Buttah Windee but many moved back to Meekatharra due to the poor quality of Buttah Windee's drinking water. Naegleria Fowleri is a causative agent of the lethal primary amoebic meningoencephalitis (PAM). This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. SPARKLING: Effervescent water, such as Sanfaustino, that has been carbonated by minerals or volcanic gases. Use spring water low in minerals for the purest flavor. The three communities where uranium levels consistently exceed Australian drinking water guidelines in the Northern Territory. Problem microorganisms and contaminants listed in the report specify only E.coli, Naegleria Fowleri, Nitrate and Uranium. 200 environmental incidents had occurred at Ranger uranium mine since 1979. More information on uranium issues can be found here Friends of the Earth is currently compiling more information on drinking water contamination throughout Australia. Vintage Weave's ribbed pitcher (front right) has retro appeal. Bottled water was instead supplied and a year later the Government recommended to move residents to nearby Meekatharra. BHP's Olympic Dam mine has a history including seepage from tailing impoundments into underlying groundwater. Friends of the Earth relies on donations from people like you to keep running campaigns for social and environmental justice. You may be able to find more information about this and similar content at piano.io The recently published WA Auditor Report "Delivering Essential Services to Remote Aboriginal Communities" has raised more concerns regarding water quality in remote Aboriginal communities in three regions of Western Australia: The Goldfields, the Pilbara and Kimberleys. They are listed as only breaches to the ADWG (eg uranium >0.017mg/L). The residents instead decided to get their drinking water carted in from Meekatharra. Here, we make sense of the bottles on your grocery store's shelves. An extra-sturdy handle distinguishes Grate & Barrel's All Purpose Pitcher (with apples). In April, the NT Government announced a \$26m investment (for 4 years) to resolve water quality issues in 10 NT communities. Uranium has also been linked to reproductive problems and DNA damage. Larger schemes, perhaps by a factor of 20 would be required for larger remote communities with hundreds of people. Wilmington SA, had radon (a radioactive gas produced from decay of radium 226 in soil and minerals) detected in the community above guideline levels of 500Bq/L in October 2018. Tamworth Regional Council apologised for the "oversight", which had left residents' drinking water with high levels of uranium for at least two years. Whilst you are here, please make a tax deductible donation. We used Tovo's Perfect Cube trays. Gastric cancer and kidney problems may also be a consequence of long term exposure to nitrate. It is unclear whether this groundwater was used for drinking water. (Note: Buttah Windee was not listed in Auditor's Report) Contaminants included in the WA Auditor General's Report E.coli is a thermotolerant coliform and superior indicator for detecting faecal contamination Naegleria Species are members of the amoebae protist genus and are often found in warm aquatic and soil habitats. In terms of the recent WA Audit report, the number of WA remote communities impacted by the 4 major contaminants (above drinking water guidelines) over the two different audit periods, were dominated by Naegleria species in 2012/14, followed by E.coli and nitrate. In 2020 Billimari (NSW) also faced the prospect of being told that they had uranium in their non potable supply. PRETTY PITCHERS At under \$20, Libbey's Impression pitcher (back left) is stylish -- and a great value. Add a quarter of a cucumber cut into spears, half a sliced apple, or half an orange divided into wedges to one quart of water. The source of the uranium in impacted communities is sourced from local geological formations and groundwater. Remarkably this was the first time uranium had been detected in town, although it has been suggested that these levels would have been occurring for decades. Reverse osmosis is a treatment often mooted for uranium removing uranium in drinking water. Uranium in drinking water has also recently occurred in three Queensland communities. The community then crowdfunded \$26,000 and installed a reverse osmosis water treatment plant for water used at the community fish farm, supplied by a new bore. Impacted Western Australian communities The total number of WA remote residents impacted by uranium above guideline levels in drinking water probably now totals around 500 people (with perhaps an additional 500 - 1000 people in the Northern Territory). The Victorian community of Goorambat also recorded levels of Alpha activity for radionuclides over guideline levels in 2012/13. The Diamond Quilted Sunburst (front) and Flute and Pine (far left) pitchers are modeled on examples from the Sandwich Glass Museum. Media Platforms Design Team When paired with slices of fruit and vegetables and presented in a pretty pitcher, water becomes an easy, elegant beverage option for special dinners, parties, or under-the-stars soires. Existing and "Decommissioned" uranium mines also continue to leach radioactive water into the environment and will continue to do so for thousands of years. Past records have also revealed that some of the highest levels of uranium recorded in Western Australian groundwater occurred in the Pilbara locations of Yeelirrie and Wiluna 75 km north. Uranium was also detected, along with Selenium above Australian Drinking Water Guidelines in two small north Queensland communities in 2006. For the years 2018/20 microbiological issues appear to have reduced substantially in a number of communities in the Kimberleys, but many continue to be impacted by nitrate and uranium problems. By early 2019, the community had new technology donated. Six hydropanels which capture water from the air and produce up to 900 litres of water a month were installed. In terms of risks from uranium mining to drinking water: In March 2004 28 workers at Ranger Uranium Mine showered in, and drank, water that was contaminated with levels of uranium 400 times the safe maximum under Australian standards... 159 workers were potentially exposed to the contaminated water. Laramba residents have most likely been exposed to uranium at levels 2-3 times higher than the Australian Drinking Water Guidelines for many years. Location of remote communities in Western Australia which have recorded uranium in drinking water above Australian Drinking Water Guideline levels over the past few years listed in the Auditor's report. ENHANCED: Waters, including Glaceau's Smartwater, enriched with electrolytes and vitamins. The community was told by the state government that \$500,000 would be needed to sort out the problems and due to the small size of the community it did not warrant the investment. It is likely that a swathe of other "untested" contaminants will also be present in many remote water supplies. In South Australia uranium guidelines were breached at Salthia Creek (October 2019) and Woolshed Creek over 2016/17, however at both of these locations water is deemed to be non-potable. SPRING: Any water that flows to the earth's surface naturally from an underground source; can be carbonated or still, with varying mineral content. Other fizzy waters, such as seltzer, owe their bubbles to the addition of carbon dioxide during bottling.

scheme is treated in accordance with the Australian Drinking Water Guidelines to ensure it is safe for human consumption, and is very consistent in quality. Groundwater should be professionally tested to ensure it is 'fit for purpose', or be treated according to Department of Health guidelines ... The Western Australian Climate Policy will help reduce the impacts of climate change. ... the average streamflow to Perth's drinking water dams was 420 GL (gigalitres or billion litres). ... The model meets the calibration targets and performance criteria in the Australian groundwater flow modelling guidelines (Barnett et al. 2012) and has ... Testing drinking water quality. The laws and guidelines we follow include: Safe Drinking Water Act 2003 and Safe Drinking Water Regulations 2015 (Department of Health and Human Services); Australian Drinking Water Guidelines 2011 (National Health and Medical Research Council); water quality standards, as set out in our bulk water supply agreements with Melbourne's retail ... Jan 17, 2022 · Drinking water, ash big concern as Tonga assesses damage after tsunami ... LACW Emma Schwenke/Australian Department of Defense/Handout via Reuters ... "The whole western coastline has been ... Apr 15, 2016 · "Binge drinking is glorified in Australia, and the focus is not on drinking in moderation or for enjoyment. We should be encouraging alcohol-free days. We should be encouraging alcohol-free days. Animal Production Science is an international journal publishing original research and reviews on the production of food, fibre and pharmaceuticals from animals. Read more about the journal More. Editor-in-Chief: Wayne Bryden. Publishing Model: Hybrid.Open Access options available. Download our Journal Flyer (PDF, 1.6MB) We supply drinking water to the wider Busseton area and are investing in new services, technology and infrastructure to support growth. ... prepare statutory policies and guidelines for environmental protection. ... We deal with complaints made about decisions made by Western Australian State and Local Government agencies under the Freedom of ... Jun 24, 2016 · The Australian Drinking Water Guidelines (external site) have an aesthetic guideline level for sodium (salt) based on taste of 180 milligrams per litre. No health-based guideline value has been set for sodium (salt) as you will not be able to drink a large quantity of water with salt levels high enough to cause you harm. The Western Pacific Region is home to almost 1.9 billion people across 37 countries and areas in the Asia Pacific. WHO works with governments and partners across the Region to promote health, keep the world safe, and serve the vulnerable. The addition of fluoride to a drinking water supply is generally governed by the Australian Drinking Water Guidelines. The Guidelines recommend a health-related guideline value (maximum concentration) of 1.5 mg/L for fluoride, which mirrors the World Health Organization Guidelines for Drinking Water Quality 2006.

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