



# Water Testing Handbook

A compendium of facts and resources



Compiled by Heshie Segal, Kids Better World

## WATER TESTING HANDBOOK

### Treasure Water as a Life Source . . . Because it is!

- *Water makes up between 55-78% of a human's body weight.*
- *We cannot live without it.*
- *It is the essence of life.*
- *Even if there is no evidence of smell, taste, or color . . . there may be silent killers, bacteria, viruses, chemicals, pharmaceuticals, heavy metals and more, waiting for us to take a one sip and then another. **Heshie Segal***

***And so we must test, leaving nothing to chance.***

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#### ***According to the United Nations:***

- Around 783 million people do not have access to clean drinking water, and nearly 2.5 billion do not have access to proper sanitation.
- Sadly, each year, six to eight million people die from water-related diseases.

#### ***According to WHO/WorldHealthOrganization***

- By 2025, half of the world's population will be living in water-stressed areas.
- 3.2 million children under the age of five in developing nations die each year as a result of unsafe drinking water and poor sanitation.
- Each year 1.2 trillion gallons of untreated sewage, storm water, and industrial waste are dumped into U.S. waters.

There are hundreds of thousands of links about water, as there should be. This is a compilation of the ones I find come up again and again in my research. Please feel free to sign up for my email list or contact me directly at KidsBetterWorld.com as I will continually be adding research as well as publishing articles and books on the topic of water. I invite you to join our ambassador program so we can all work together on getting rid of the plastic.

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*“Not only are we fortunate in the sense that we can source sanitized drinking water, but also that we have an opportunity to further test and improve the safety of our water if we wish. If you're wondering why you would go to such lengths, perhaps you are not aware what's potentially flowing out of your tap.” UN.*

**Test your tap water.** Even with contaminants, it is more regulated than bottled water (approximately 40% which is tap water with a label . . . *\*bottled water - see statistics at end*)

### ***Basic 3 steps to test your water:***

1. **Call your local water company.** They are required to provide you with a Consumer Confidence Report.
2. **Utilize the EPA's Drinking Water Watch Program.** At least 18 states now participate in the EPA's Drinking Water Watch program. They offer detailed information about reported health hazards, water quality violations and the actions taken to improve water quality.
3. **Get a home testing kit with strips.** When you dip the strips into your water, they will change color based on the presence of key contaminants.

## **From the EPA: Your Environmental Protection Agency**

### ***How can I find out if my tap water is safe to drink?***

Because of water's different sources and the different ways in which water is treated, the taste and quality of drinking water varies from place to place. Over 90 percent of water systems meet EPA's standards for tap water quality. The best source of specific information about your drinking water is your water supplier. Water suppliers that serve the same people year-round are required to send their customers an annual water quality report (sometimes called a consumer confidence report). Contact your water supplier to get a copy or see if your report is posted on-line. For additional information, visit EPA's websites on local drinking water (provides links to state and local sources of water quality information) and drinking water and health (provides information on drinking water contaminants and their health effects). EPA

### ***How can I get my tap water tested?***

If your home is served by a water system, get a copy of your annual water quality report before you test your water. This report will tell you what contaminants have been found in your drinking water and at what level. After you've read this report, you may wish to test for specific contaminants (such as lead) that can vary from house to house, or any other contaminant you're concerned about. EPA does not test individual homes, and cannot recommend specific laboratories to test your drinking water. States certify water testing laboratories and will be able to point you towards the laboratories more approximate to your location. You may call your state certification officer to get a list of certified laboratories in your state.

The EPA (Environmental Protection Agency) information is free and easy to find although sometimes a bit complicated.

**Learn about the:**

**Safe Drinking Water Act: Consumer Confidence Reports (CCR)**

**Find Your Consumer Confidence Report**

Learn more about the quality of drinking water in your area by reading your [Consumer Confidence Report](#)

**Find Your Local CCR**

Each year by July 1st you should receive a Consumer Confidence Report (CCR), also known as an annual drinking water quality report from your water supplier. Your CCR tells you where your water comes from and what's in it.

**Note:**

*It is unlawful to test drinking water without certification. Recently, companies, including prominent big-box retailers, have offered "free" testing in exchange for a sales pitch for expensive and often unnecessary treatment systems. Remember to have your water tested by an independent, certified laboratory before making any decision about treatment. Only a certified testing laboratory can provide an objective analysis of your drinking water.*

These are links I use regularly for new information as well as where to go for testing:

[EPA Home Water Testing Facts \(PDF\)](#)

[www.epa.gov](http://www.epa.gov)

If you want to know if your home's drinking water contains unsafe levels of lead, have your water tested. Testing is the only way to confirm if lead is present or.

[Drinking Water Testing - NSF International](#)

[www.nsf.org](http://www.nsf.org)

NSF International has tips for getting your water tested and understanding your results.

[Water Testing - PA DEP - PA.gov](#)

[www.dep.pa.gov](http://www.dep.pa.gov)

If you suspect other contaminants, test for those too. Always use a state certified laboratory that conducts drinking water tests. Since some contaminant testing ...

### [Testing your tap water for contamination is way easier than you think ...](#)

[www.popsci.com](http://www.popsci.com)

Nov 10, 2017 ... Traditional water testing can be expensive, and the reports hard to understand. The drinking kits that we can pick up at the store only test for a ...

### [Tap Water Testing: How to Test Your Water | DoItYourself.com](#)

[www.doityourself.com](http://www.doityourself.com)

Your home tap water testing kit should contain test strips for other contaminants such as lead, nitrates and bacteria, among others. The tests will be performed in ...

### [Afraid of Contamination? How to Test the Water in Your House](#)

[lifehacker.com](http://lifehacker.com)

Jul 20, 2012 ... Water. It comprises more than two-thirds of the weight of the human body and ... The First Alert WT1 Drinking Water Test Kit (about \$15) tests for ...

### [Water Testing Drinking Water Private Well ... - Water Research Center](#)

[www.water-research.net](http://www.water-research.net)

Water Testing drinking water analysis testing for private wells, groundwaters, spring water, well water, private water systems, and cisterns.

### [The 7 Best Water Testing Kits of 2019 - The Spruce](#)

[www.thespruce.com](http://www.thespruce.com)

May 9, 2019 ... The Essential Indicators Water Test from Drinking Water Specialists is our top choice for a mail-in test kit thanks to its fairly quick turnaround and ...

### [Lead Testing in Philadelphia - City of Philadelphia](#)

[www.phila.gov](http://www.phila.gov)

Philadelphia Water successfully passed the most recent round of water quality testing for lead at customers' taps. Learn more and see the results of those tests ...

### [How can I get my tap water tested? – Ground Water & Drinking Water](#)

[safewater.zendesk.com](http://safewater.zendesk.com)

If your home is served by a water system, get a copy of your annual water quality report before you test your water. This report will...

### [Drinking Water FAQ | Drinking Water | Healthy Water | CDC](#)

[www.cdc.gov](http://www.cdc.gov)

What should I do if I want my household water tested? The United States has one of the safest public water supplies in ...

### [Water Quality & Testing | Public Water Systems | Drinking Water ...](#)

[www.cdc.gov](http://www.cdc.gov)

Education and information about water quality, water testing, water regulation, water standards, water contamination, and consumer confidence reports.

[How to Test Your Home's Tap Water \(City or Well\) | Greenopedia](#)  
[greenopedia.com](http://greenopedia.com)

Jan 17, 2019 ... Despite strict EPA standards, we still end up with vast amounts of pollutants in our drinking water. Here are ways to test your water and what ...

[Why you should use Watersafe to test your drinking water quality ...](#)  
[www.watersafetestkits.com](http://www.watersafetestkits.com)

Know more about the contaminants in your drinking water. It used to be complicated and expensive to test your water. Now it is neither. The WaterSafe ...

[5 Ways to Test your Tap for Lead - BeCause Water](#)  
[becausewater.com](http://becausewater.com)

Jul 7, 2017 ... The good news is that there are several options for determining the answer. Here we've covered five ways that you can test your tap water for ...

[EWG Tap Water Database](#)  
[www.ewg.org](http://www.ewg.org)

Since 2010, water utilities' testing has found pollutants in Americans' tap water, according to an EWG drinking water quality analysis of 30 million state water ...

[Can I Trust My Drinking Water? 6 Reasons to Test Your Tap Water](#)  
[www.novatx.com](http://www.novatx.com)

Jan 18, 2019 ... Water testing can help you keep your water free from dangerous bacteria, parasites, and viruses. | Nova Biologicals [www.waterdocs.ca](http://www.waterdocs.ca)

### **\*Bottled Water Statistics**

**\*Bottled Water Statistics** (if there is no source, it means I have seen the same information so many times, it is of public knowledge)

A million plastic bottles are bought around the world every minute - which breaks down to 20,000 plastic bottles a second - and that number will jump another 20% by 2021. [www.waterdocs.ca](http://www.waterdocs.ca). (91% Of Which Are Not Recycled.)

Bottled water is almost 2,000 times more energy intensive to produce than tap water. [www.waterdocs.ca](http://www.waterdocs.ca)

Plastic bottles can take **450 years or more** to break down and decompose. Some estimates push that number closer to **1,000 years**. *During this long process, chemicals leach into the ground, micro plastic particles are released into the water (which also means **into the seafood***

***we then consume*** ( - a side of microscopic plastic particles, anyone?) and ***animals choke*** on plastic bits when they mistake them for food. [www.waterdocs.ca](http://www.waterdocs.ca)

It takes three times the water to make the bottle as it does to fill it  
And here's the greatest irony of the whole thing - more water is used in making the bottle than filling it.

More than one-quarter of all bottled water comes from a municipal water supply – the same place that tap water comes from.

**Only 8% of the 30,000,000 tons of plastic discarded each year gets recycled. source - #UN**  
**(\*A Million Plastic Bottles are produced every 60 seconds - 91% Of Which Are Not Recycled.**