

Water Hardness

Hardness is a measure of the amount of calcium and magnesium that is present in water.

Rainwater is naturally soft because it has no mineral content. As it seeps through the ground it can potentially pick up minerals, such as calcium and magnesium. Very small particles of calcium and magnesium(ions) dissolve into water as it passes through or over soft rocks like limestone or chalk.

When water is boiled, a portion of the hardness forms a calcium carbonate scale, which can deposit on kettle elements as limescale.



Signs of hard water

As well as scaling inside kettles, other usual signs of a hard water supply include reduced lathering of soaps, washing up liquids and washing powders; 'tide marks' on basins, sinks, baths and toilets; a scum on boiled water and a decrease in the expected life of appliances that use hot water e.g. electric irons, washing machines and central heating systems.

Hardness is usually expressed in terms of the equivalent quantity of calcium carbonate in milligrams per litre or parts per million. However, it may also be expressed as Degrees of hardness in Clark (English degrees), French or German Degrees.

There are no regulatory limits for water hardness. Several studies have shown that hard water provides some benefit to health, although the exact mechanism is unclear. For example, some studies have shown evidence of less heart disease in areas with a hard water supply.

What can I do if I prefer soft water?

The hardness of your water supply is largely governed by the geology/landscape of the area in which you choose to live.

If you move to an area where most water comes from upland reservoirs you would expect the water to be soft. If you move to an area where your water has to be supplied from lowland lakes or groundwater sources the water is more likely to be hard to very hard.

For people who receive a hard water supply, there is the potential to make use of a water softener to remove some of the hardness. This is a matter of personal choice. A softener will improve the efficiency and increase the life of appliances using hot water. It will make lathering easier and reduce 'tide marks' on sanitary ware. Some people with skin conditions, such as eczema, have fewer problems if they use soft water for washing as it is not so "drying" to the skin.

Conversely, it is difficult to wash all traces of soap away with soft water and people with allergies to soap may prefer to wash with hard water. If a water softener is installed, you may wish to consider maintaining a non-softened supply for drinking and cooking purposes. Many water softeners work by replacing the calcium and magnesium in the water with sodium. Too much sodium is a particular concern for babies, who have immature kidneys, and for those who are on a low sodium (or low salt) diet.

It is recommended that softeners should be fitted after the drinking water tap to comply with the requirements of the Water Supply (Water Fittings) Regulations 1999. They should be maintained in accordance with manufacturers' instructions.

How can I check my water hardness?

Please visit the 'In Your Area' section of our website which gives information about the hardness of the water in your location.



Need more information or advice?
dwrcymru.com | 0800 052 0130

You can also visit the Drinking Water Inspectorate website at **dwi.gov.uk**.

Caledwch dŵr

Mae caledwch yn fesur o'r calsiwm a magnesiwm yn bresennol mewn dŵr.

Mae dŵr glaw yn naturiol feddal oherwydd nid yw'n cynnwys mwynau. Wrth basio drwy'r ddaear mae'n gallu amsugno mwynau fel calsiwm a magnesiwm. Bydd gronynnau bach iawn (ionau) o galsiwm a magnesiwm yn mynd i mewn i'r dŵr wrth iddo basio dros greigiau meddal fel calchfaen neu sialc.

Wrth ferwi dŵr, bydd y creu calch calsiwm carbonad sy'n gallu ffurfio ar elfennau tegellau.



Arwyddion dŵr caled

Yn ogystal â chalc tu fewn tegellau, mae arwyddion caledwch dŵr yn cynnwys lleihau trochion sebon, hylif golchi llestri a phowdr golchi; 'marciau llanw' ar sinciau, basnau, baths a thoiledau; llysnafedd ar ddŵr berw a disgwyliad oes llai offer sy'n defnyddio dŵr poeth ee haearn smwddio, peiriant golchi a system gwres canolog.

Fel arfer mynegir caledwch yn nhermau lefel gyfatebol o galsiwm carbonad mewn miligramau per litr neu rannau per miliwn. Fodd bynnag, gellir hefyd ei fynegi fel graddau caledwch yn ôl mesurau Clark (Lloegr), Ffrainc neu'r Almaen.

Nid oes cyfyngiadau rheoleiddiol ar galedwch dŵr. Dengys sawl astudiaeth fod dŵr caled yn darparu rhai buddion iechyd, ond nid yw'r rhesymau'n glir. Er enghraifft, mae rhai astudiaethau wedi datgelu llai o glefydau'r galon mewn ardaloedd dŵr caled.

Dŵr meddal yn well gennych?

Yn bennaf bydd caledwch dŵr yn dibynnu ar ddaear a thirwedd eich ardal. Os byddwch yn symud i ardal lle mae'r rhan helaeth o'r dŵr yn dod o gronfeydd ar yr ucheldiroedd, byddech yn disgwyl cael dŵr meddal. Ond mewn ardal yn derbyn dŵr o lynnoedd iseldiroedd neu ffynonellau dŵr daear bydd y dŵr yn fwy tebyg o fod yn galed.

Mae pobl sy'n derbyn dŵr caled yn gallu defnyddio meddalwyr dŵr i leihau'r caledwch. Dewis yr unigolyn yw gwneud hynny ai peidio. Bydd meddalwyr dŵr yn gwella effeithiolrwydd ac yn ymestyn cylch oes offer dŵr poeth. Bydd yn hwyluso trochion sebon ac yn gostwng 'marciau llanw' ar sinciau ac ati. Bydd pobl gyda chyflyrau croen, megis ecsema, yn wynebu llai o broblemau gyda dŵr meddal oherwydd ni fydd yn sychu'r croen gymaint. Ond, mae'n anodd gwaredu'r holl olion sebon gyda dŵr meddal, felly bydd yn well gan bobl gydag alergedd ddefnyddio dŵr caled.

Os yn penderfynu gosod meddalwdd dŵr, efallai byddwch am gynnal cyflenwad heb ei feddalu ar gyfer coginio ac yfed. Bydd llawer o feddalwyr dŵr yn gweithio wrth gyflwyno sodiwm i gymryd lle'r calsiwm a magnesiwm. Mae gormod o sodiwm yn gallu achosi problemau i fabis, oherwydd ni fydd yr arenau wedi datblygu'n llwyr, a phobl ar diet sodiwm isel. Awgrymir gosod meddalwyr ar ôl y tap dŵr a defnyddio rhai sy'n dilyn gofynion Rheoliadau Cyflenwad Dŵr (Ffitiadau Dŵr) 1999. Dylid eu cynnal yn unol â chyfarwyddiadau'r gweithgynhyrchydd.

Sut gallaf i ddilysu caledwch fy nŵr?

Ewch i'r adran **'Yn Eich Ardal'** ein gwefan sy'n rhoi gwybodaeth am galedwch y dŵr yn eich lleoliad.



Angen cyngor neu wybodaeth?

dwrcymru.com | 0800 052 0130

Neu ewch i wefan yr Arolygiaeth

Dŵr Yfed sef **dwi.gov.uk**.