

## Acknowledgement:

This Fact Sheet is one of a series developed by an Interagency Committee with representatives from Saskatchewan Ministry of Health, Regional Health Authorities, Saskatchewan Watershed Authority, Saskatchewan Ministry of Environment, Saskatchewan Ministry of Agriculture, Agriculture and Agri-Food Canada – PFRA and Health Canada.

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Government of  
Saskatchewan

# Chromium

(For Private Water and Health Regulated Public Water Supplies)

## What Is Chromium?

Chromium is a silver-grey metal that is used extensively in metal alloys, paint pigments, some wood preservatives, the manufacture of electronic recording media and in leather production. While in some regions of the world chromium is found as a native metal, most deposits of chromium in the earth are as oxide ores usually in combination with other metals such as iron and nickel.

Chromium is usually found in one of two forms:

- chromium (III) 3; or
- chromium (VI) 6.

Chromium 3 is found in foods and is an essential nutrient.

## How Does Chromium Get Into Water?

Chromium may leach slowly into groundwater from ore deposits in the ground. The most likely cause of elevated chromium levels is from artificial sources such as industrial hazardous waste from the chemical, refractory or foundry industries.

## How Does Chromium Affect My Health?

Chromium 6 is toxic and has been linked to damage to DNA and gastrointestinal cancer. Chromium metal and chromium 3 are not considered to have a negative impact on health, chromium 3 is required in trace amounts in the human body to breakdown and process sugar with adverse health effects resulting from its absence.

## How Can I Remove Chromium From My Drinking Water?

Chromium can be effectively removed from drinking water by reverse osmosis treatment and also by some specialized ion exchange resins. Distillation may remove some chromium but is not the preferred treatment method.

## What Is The Standard For Chromium In Drinking Water?

Health Canada's Guidelines for Canadian Drinking Water Quality and Saskatchewan Ministry of Environment's Drinking Water Quality Standards and Objectives have established a maximum acceptable concentration (MAC) for total chromium in all its forms of 0.05 mg/L.

## How Can I Find Out If There Is Chromium In My Water?

Most water quality testing laboratories can determine how much chromium is present in a water supply. For information on sampling instructions and containers, you should contact an accredited laboratory. If using the Saskatchewan Disease Control Laboratory, sample containers are available from the laboratory, local Health Regions or rural municipalities.

## Need More Information?

### Health Regulated Public Water Supply

For more information on this fact sheet and/or other water quality issues relating to health regulated public water supplies contact your local health region public health inspector.

### Private Water Supply

For more information on how chromium impacts on human health contact your local health region office. For information on how chromium impacts agricultural operations contact Saskatchewan Ministry of Agriculture through your Agricultural Business Centre or the Agricultural Knowledge Centre at 1-866-457-2377 or on the internet (<http://www.agriculture.gov.sk.ca/AKC>).

<p><b>Government of Saskatchewan</b> Water Information website <a href="http://www.SaskH20.ca">www.SaskH20.ca</a></p>	<p><b>Water Inquiry Line</b> Questions about water? Call 1-866-SASK H2O (1-866-727-5420) to be referred to proper agency.</p>
<p><b>Saskatchewan Ministry of Health</b> <a href="http://www.health.gov.sk.ca/environmental-health">http://www.health.gov.sk.ca/environmental-health</a></p> <p><b>Regional Health Offices</b> Saskatoon: Saskatoon (306) 655-4605 Sunrise: Yorkton (306) 786-0600 Kelsey Trail: Melfort (306) 752-6310 Five Hills: Moose Jaw (306) 691-1500 Sun Country: Weyburn (306) 842-8618 Heartland: Rosetown (306) 882-6413 Prairie North: North Battleford (306) 446-6400 Prince Albert Parkland: Prince Albert (306) 765-6600 Cypress: Swift Current (306) 778-5280 Regina Qu'Appelle: Regina (306) 766-7755 Mamawetan Churchill River: La Ronge (306) 425-8512 Keewatin Yatthe: Buffalo Narrows (306) 235-5811</p>	<p><b>Health Canada</b> Website: <a href="http://www.hc-sc.gc.ca">http://www.hc-sc.gc.ca</a> <b>First Nation and Inuit Health – Saskatchewan</b> Phone: (306) 780-6561//FAX (306) 780-7733</p> <p><b>First Nations Environmental Health Providers</b> <i>BTC Indian Health Services Inc.</i> Phone: (306) 937-6700 <i>File Hills Qu'Appelle Tribal Council Health Services</i> Phone: (306) 332-8241 <i>Meadow Lake Tribal Council, Health and Social Development</i> Phone: (306) 236-8261 <i>Northern Inter-Tribal Health Authority</i> Phone: (306) 765-2421 <i>Prince Albert Grand Council, Health and Social Development</i> Phone: (306) 953-7248 <i>Saskatoon Tribal Council, Health, and Family Services Inc.</i> Phone: (306) 956-6100</p>
<p><b>Saskatchewan Ministry of Health</b> <b>Saskatchewan Disease Control Laboratory, Regina</b> General Inquiry 1-866-450-0000 Phone: (306) 798-2125 // Fax (306) 798-0071 Website: <a href="http://www.health.gov.sk.ca/lab">http://www.health.gov.sk.ca/lab</a></p>	<p><b>Saskatchewan Ministry of Agriculture</b> General Inquiry 1-866-457-2377 Agricultural Operations Regina (306) 787-4680 Irrigation Development Outlook (306) 867-5500 Website: <a href="http://www.agriculture.gov.sk.ca">www.agriculture.gov.sk.ca</a></p>
<p><b>Saskatchewan Watershed Authority,</b> Head Office, Moose Jaw (306) 694-3900 Website: <a href="http://www.swa.ca">www.swa.ca</a> <i>Regional Offices:</i> <a href="http://www.swa.ca/AboutUs/Contact.asp?type=Offices">http://www.swa.ca/AboutUs/Contact.asp?type=Offices</a></p>	<p><b>Prairie Farm Rehabilitation Administration (PFRA)</b> - Agriculture and Agri-Food Canada Website <a href="http://www.agr.gc.ca/pfra/water/intro_e.htm">http://www.agr.gc.ca/pfra/water/intro_e.htm</a> <i>Regional Offices:</i> <a href="http://www.agr.gc.ca/pfra/sask_e.htm">http://www.agr.gc.ca/pfra/sask_e.htm</a></p>
<p><b>Sask Water Corporation</b> Head Office, Moose Jaw Customer Service 1-888-230-1111 Website: <a href="http://www.saskwater.com">http://www.saskwater.com</a></p>	<p><b>Saskatchewan Ministry of Environment</b> Toll-Free 1-800-567-4224 or (306) 953-3750 Spill Emergency Toll-Free 1-800-667-7525 Website: <a href="http://www.environment.gov.sk.ca">http://www.environment.gov.sk.ca</a></p>