



Urban Sanitation & Public Health

MAIN CONCEPTS

LEARNING OBSERVING

THINKING

THEORY

ENVIRONMENT

KHIN MAUNG YI - VICE CHAIR, MES - WATSAN TD

ENVIRONMENTAL SANTATION (10 Cs)

- 1. Safe Drinking Water
- 2. Sewage Treatment (S.Pit, Septic Tank, IMT, TF, AS, MF)
- 3. Refuse Disposal (Dump^{N:}, San. LF, CP, Incen^N: Hog Feed^{N:})
- 4. Personal Hygiene
- 5. Environmental & Soil (free Disease Produc^N: Bat, Path: Organism)
- 6. General Sanitation (Building orientation to all)
- 7. Air Sanitation (Pollution, CO₂, CO, H₂S, NO, ClFlC, CH₄, NH₃)
- 8. Lighting (minimum 50 foot candle=60 Watts for reading)
- 9. Ventilation (30%-40% of walling, 50-70ft²/c, 35m³/c.hr)
- 10. Sound Sanitation (Noise Control <80 decibel)
- Source: Environmental Engg; & Sanitation-Joseph A. Salvato New York Nov: 1971



What is Sanitation?

Definitions Excreta & liquid wastes hygienic way disposing

a)

Sanitation is the means of collecting and disposing of excreta and liquid wastes in a hygienic way so as not to endanger the health of individuals or the community as a whole. [1]





Reduce pathogens spread & maintain healthy living environment



b) (less common)

General term used to describe a battery of actions that all aim to reduce the spread of pathogens and maintain a healthy living environment. Specific actions related to sanitation include wastewater treatment, solid waste management and stormwater management. [2]

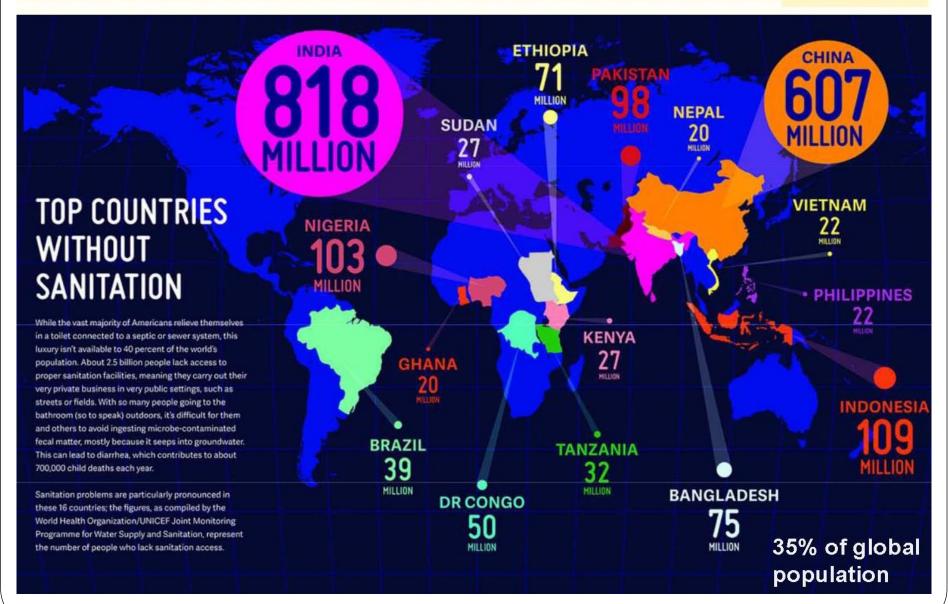
Municipal Concerns – Wastewater T, Solid W T, Strom W Management So it mostly addresses on- WW treatment, solid waste T & storm water management **WORLD = 7000 Million**

35% Global

Sanitation Challenges

WITHOUT Sanitation

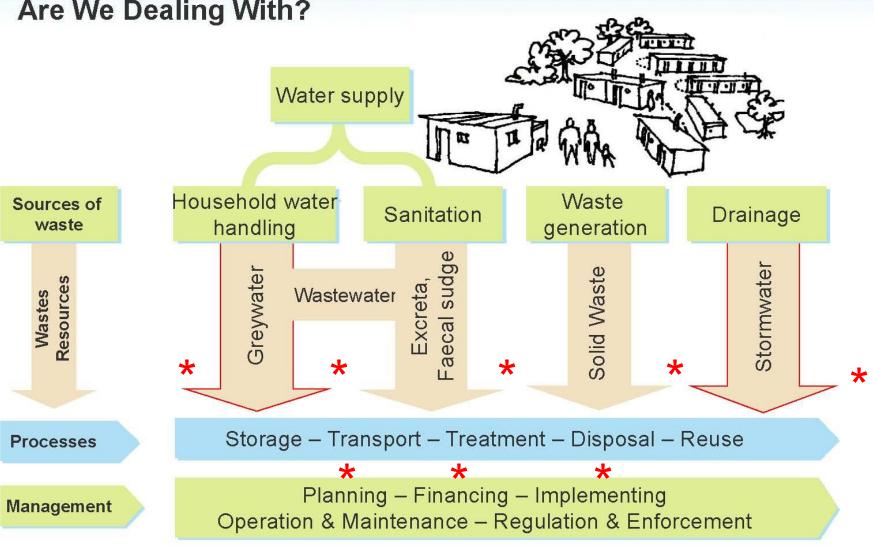
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What Waste, Resource and Management Systems Are We Dealing With?





URBAN

Sanitation Challenges: Urban

- Greatest socio-economic & technical challenges
- Disease transmission public health
- The numbers!
- Simple (rural) versus complex (urban) solutions

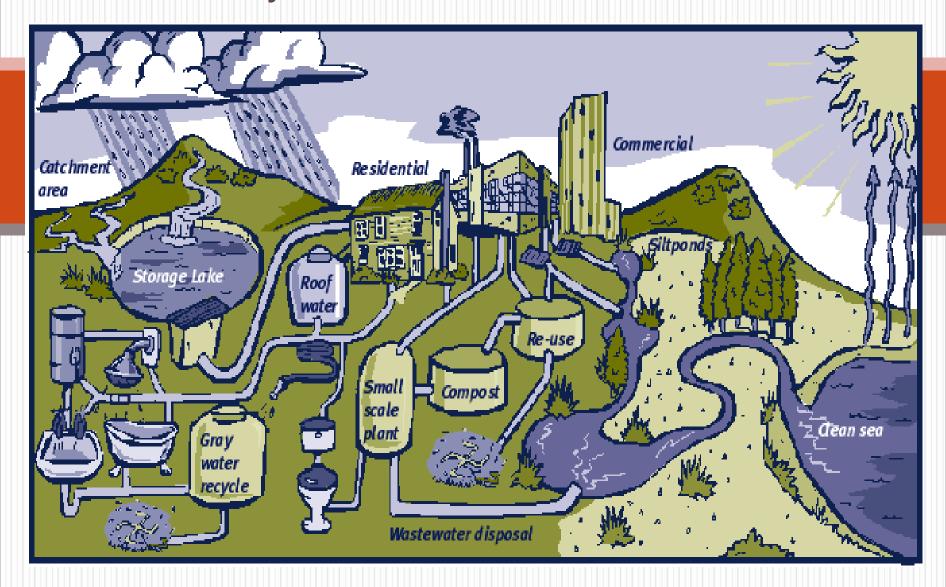
URBAN – Complex RURAL - Simple







The Water Cycle and Related Urban Infrastructure

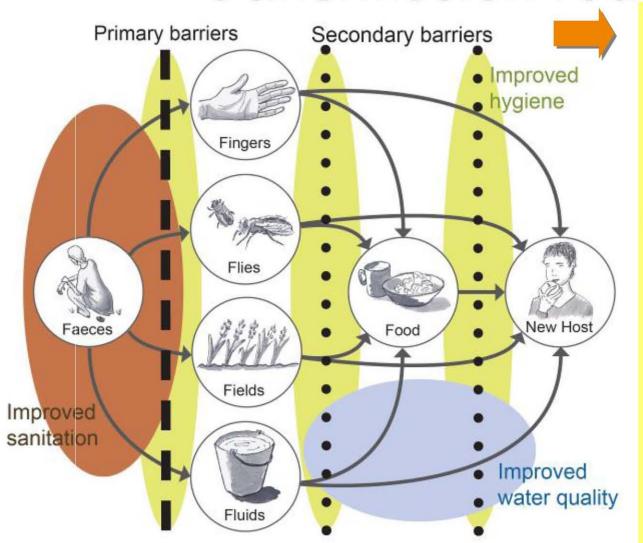


Source: http://www.mfe.govt.nz/publications/waste/wastewater-mgmt-jun03/html/figure3-3.html



Where can we disrupt the transmission routes?





Washing hands after defecation or constructing safe sanitation facilities are primary barriers which prevent pathogens from entering the environment.

Washing hands before eating or protecting food from flies are secondary barriers which prevent pathogens from infecting a new host or contaminating food.

adapted from WHO 2005



Water related diseases



I. Waterborne

Pathogens carried by water

Faecal-oral

umv0rf;a&m*g wdkufzGdKufa&m*g

- •0rf;udkufa&m*g
- •tonf;a&miftom;0ga&m*
- ausmufuyfysuftonf;a&
- transmission mifa&m*gansmitted •txufvSefatmufayQma&
 - m*g disease

III. Waterbased Pathogen depe on water animal/plant

•qD;vrf;aMumif;ESif tpma[mif;tdrfydk;0ifj cif;a&m*g (Urinary and rectal

schistomiasis)

•oHaumifa&m*grsm:

II. Water-washed (Water-scarce) water quantity problem

- 0Ja&m*g? ta&jym;jynfwnfem
- •rsufcrf;pyfa&m*g? Orf;ysufOrf;avQm

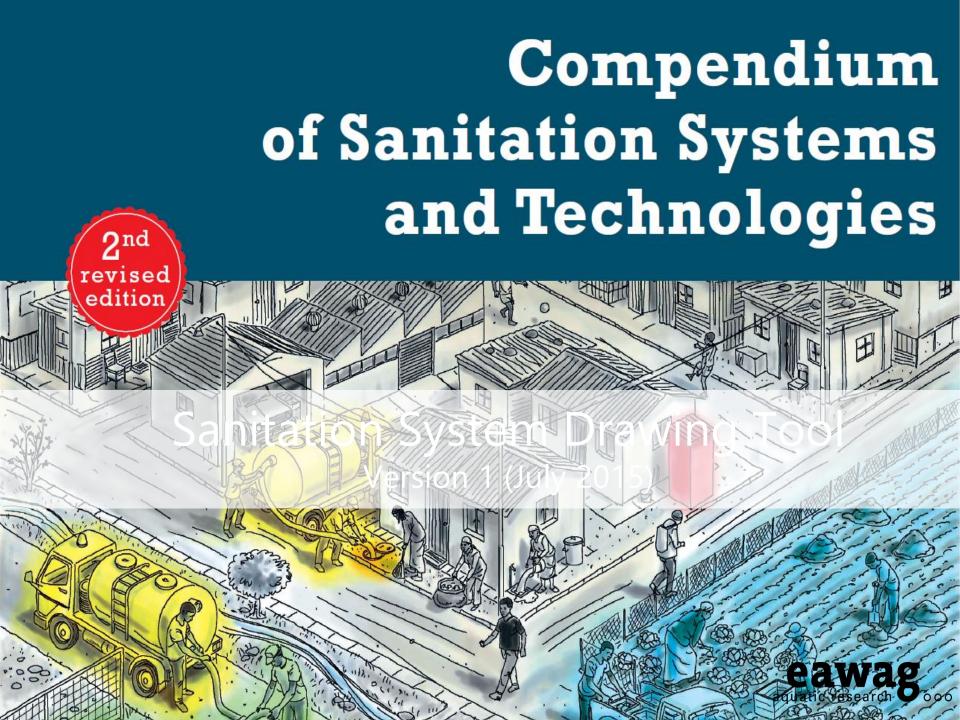
rsufpda&mif&rff;a&m*g? temMuD;a&m*gG;vGefwk IV. Wate yfauG;?

related iSufzsm;

Pathogen transmittedifajc close/nearaxatef?35

Mosquito-beyreeOD; aE





SANITATION SAFETY PLAN - 6 MODULES

- 1. PREPARE FOR SANITATION SAFETY PLAN
- 2. DESCRIBE THE SANITATION SYSTEM
- 3. IDENTIFY HAZADOUS EVENTS, ASSESS EXISTING
 CONTROL MEASURES & EXPOSURE RISKS
- 4. DEVELOP AND IMPLEMENT AN INCREMENTAL IMPROVEMENT PLAN
- 5. MONITOR CONTROL MEASURES & VERIFY PERFORMANCE
- 6. DEVELOP SUPPORTING PROGRAMME & REVIEW PLANS SOURCE: WHO

MODULE 1 PREPARE FOR SSP

MODULES

- 1.1 Establish priority areas or activities
- 1.2 Set objectives
- 1.3 Define the system boundary and lead organization
- 1.4 Assemble the team

- Agreed priority areas, purpose, scope, boundaries and leadership for SSP
- A multidisciplinary team representing the sanitation chain for development and implementation of SSP

MODULE 2 DESCRIBE THE SANITATION SYSTEM

MODULES

- 2.1 Map the system
- 2.2 Characterize the waste fractions
- 2.3 Identify potential exposure groups
- 2.4 Gather compliance and contextual information
- 2.5 Validate the system description

- A validated map and description of the system
- Potential exposure groups
- An understanding of the waste stream constituents and waste related health hazards
- An understanding of the factors affecting the performance and vulnerability of the system
- A compilation of all other relevant technical, legal and regulatory information

MODULE 3 IDENTIFY HAZARDOUS EVENTS, ASSESS EXISTING CONTROL MEASURES AND EXPOSURE RISKS

MODULES

- 3.1 Identify hazards and hazardous events
- 3.2 Refine exposure groups and exposure routes
- 3.3 Identify and assess existing control measures
- 3.4 Assess and prioritize the exposure risk

- A risk assessment table which includes a comprehensive list of hazards, and summarizes hazardous events, exposure groups and routes, existing control measures and their effectiveness
- A prioritized list of hazardous events to guide system improvements

MODULE 4 DEVELOP AND IMPLEMENT AN INCREMENTAL IMPROVEMENT PLAN

MODULES

- 4.1 Consider options to control identified risks
- 4.2 Use selected options to develop an incremental improvement plan
- 4.3 Implement the improvement plan

OUTPUTS

 An implemented plan with incremental improvements which protects all exposure groups along the sanitation chain

MODULE 5

MONITOR CONTROL MEASURES AND VERIFY PERFORMANCE

MODULES

- 5.1 Define and implement operational monitoring
- 5.2 Verify system performance
- 5.3 Audit the system

- An operational monitoring plan
- A verification monitoring plan
- Independent assessment

MODULE 6 DEVELOP SUPPORTING PROGRAMMES AND REVIEW PLANS

MODULES

- 6.1 dentify and implement supporting programmes and management procedures
- 6.2 Periodically review and update the SSP outputs

- Supporting programmes and management procedures that improve implementation of the SSP outputs
- Up to date SSP outputs responding to internal and external changes





Ammonia & Nitrate Pollution

Nitrogen Cycle & pollution
 2 NH⁴⁺ + 4O₂ = 2NO₃ + 4H⁺ +2H₂O
 1 mg NH₄ = 3.6 mg O₂

$$1 \text{ mg NH4}^+ = 3.44 \text{ mg NO3}^-$$



$$4 \text{ Fe}^{2+} + O_2 + 10 \text{ H}_2\text{O} = 4 \text{ Fe (OH)}_3 + 8\text{H}^+$$
 $1 \text{ mg Fe}^{2+} = 0.14 \text{ mg O}_2$

• $6 \text{ Mn}^{2+} + 3 \text{ O}_2 + 6 \text{ H}_2 \text{O} = 6 \text{ Mn O}_2 + 12 \text{ H}^+$ $1 \text{ mg Mn}^{2+} = 0.29 \text{ mg O}_2$

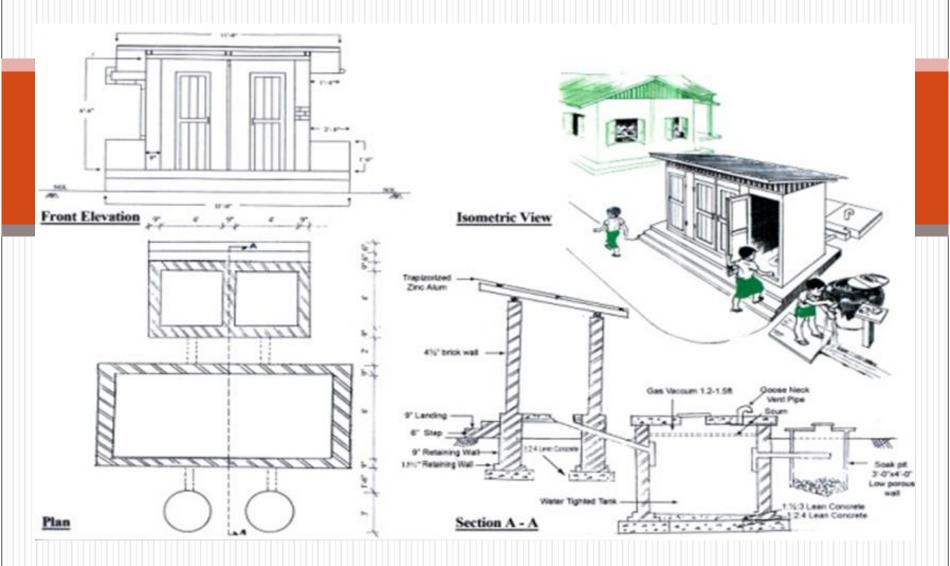






PRIMARY - SEPTIC TANK

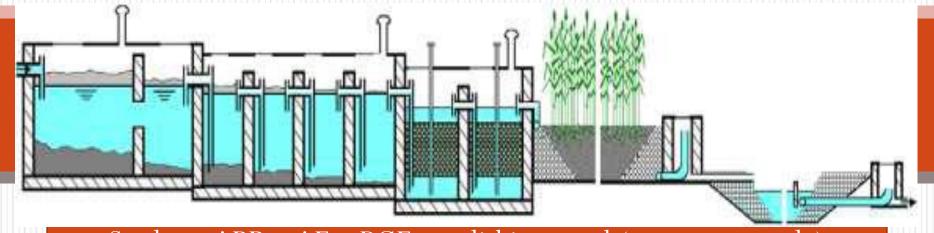




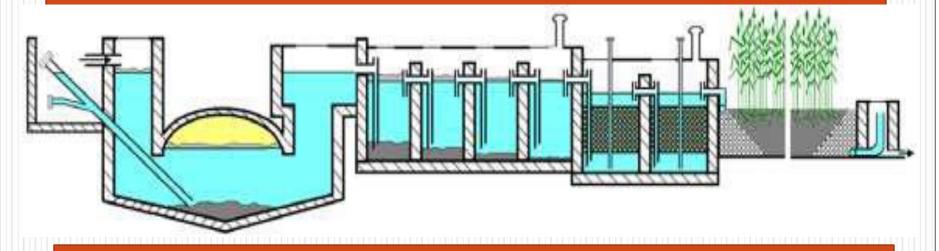


CDD- Consortium DEWATS Disemination

Decentralized Wastewater Treatment System



Settler – ABR – AF – PGF – polishing pond (not true to scale)



fixed dome biogas settler -ABR - AF - PGF (not true to scale)



Thumb Rules (Settler)

- 1. Sludge volume I/g BODrem=0.005 BODr
- 2. SS/COD = 0.35 0.55 -0.42
 - 3.Surface load = 0.6m3/m2 w/w peak flow
- 4. CH4 produced /kg COD rem=0.35 m3/kg
- 5. Height(scum) = 0.2 - $0.3 \, \text{m}$ 6. Hydraulic RT = 1.5 -
- 2.0 hrs 7.L/B ratio = 2.1 - 3.18. Outlet Liq depth=1.8-
 - 2.2 m
- 9. 1st & 2nd Chamber ratio If 2 Chams, 1st Cham = 2/3 of total length
- 1/2 total length. 11. Assure wall opening

If 3 Chams, 1st Cham =

- bet. under scum & sludge
- top, have MH, Water tight, Vent
- 12. Desludg interval = 18-24 m

Thumb Rules (ABR)

- 1.SS/COD-Dom. =.35-.55-.42
- 2. Sludge Volume
 - 5-10% of volume of ABR
- 3. CH4-produced /KgCODrem - 0.35
- m3/kg 4. Scum volume 10
 - I/cap
- 5. HRT- not <8 hrs,
- better 16-20 hrs, if > 20 hrs, pollution removal is very
- minimum 6. B/H ratio - 0.4
- 7. Distance bet: pipes - not exceed 0.30 m
 - 8. Nos of
- Chambers At least
 - 4 chambers 9. Outlet water
- depth- 1.8 m- 2.2 m 10. Up-flow vel: -
- 0.9 1.2 m/h11. Organic load - <
- 6 kg/m3* day BOD

Thumb Rules (AF) 1. SS/COD -

- Domestic: 0.35-0.45-0.42
- 2. HRT 24-48 hrs 3. Filter height -
- 0.75 1 m4. Specific surface

m2/ m3

- of filter medium 80 -120
- Voids in the filter
- mass 30-45% 6. Size of filter 8-14
- cm dia,cinder 7. Up-flow velocity
- Max 2m/h 8. Organic load <4
- kg/m3 *day COD 9. Outlet water
- depth 1.8- 2.2 m
- 10. CH4-produced /Kg CODrem -- 0.35 m3/kg

- **Thumb Rules** (HPGF)
- 1. Void of gravel -
- 35%- 45% 2. Max BOD on X
- sectional area-150 g/m3 s
- 3. Max organic on chosen
- surface (Organic load limit)
- 4. Gravel size-5-7mm, 10-12

10 g//m2 BOD

- mm, 50-70mm dia., bigger size at inlet & outlet
- 5. Slope 1%
- 6. Height of filter 50 - 60 cm
- 7. Construction Swivel at inlet outlet to adjust water level



No Thumb Rules

V = 12m3/d*2d=24m3

(Polishing Pond)

- Sur. Area= .24m3/1m= 24 m3
- **Dimensions:**

W=4 m, L=6m

Diameter 5.5 m



CDD- Consortium DEWATS Disemination



Reutilizing Wastewater for Plants









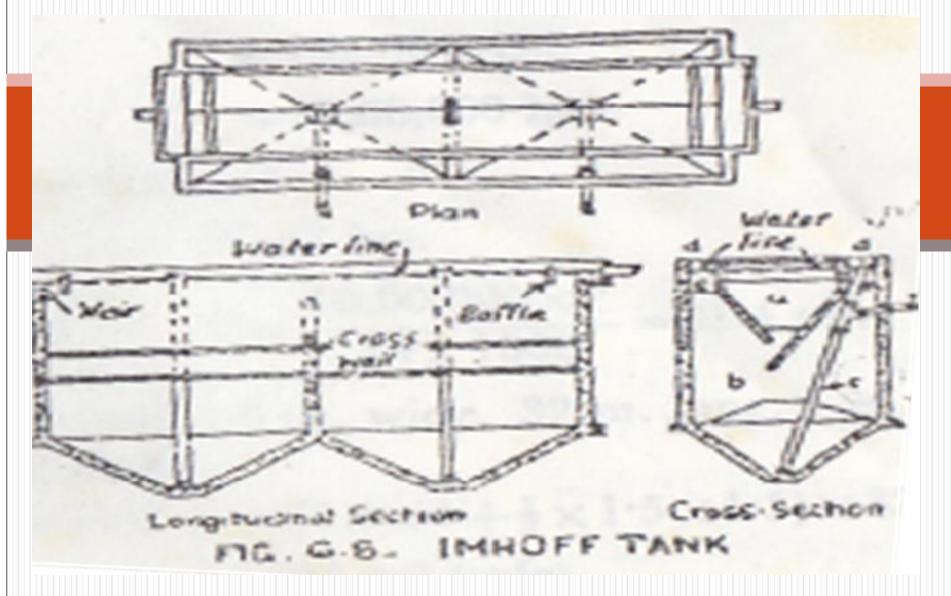






PRIMARY - IMHOFF TANK

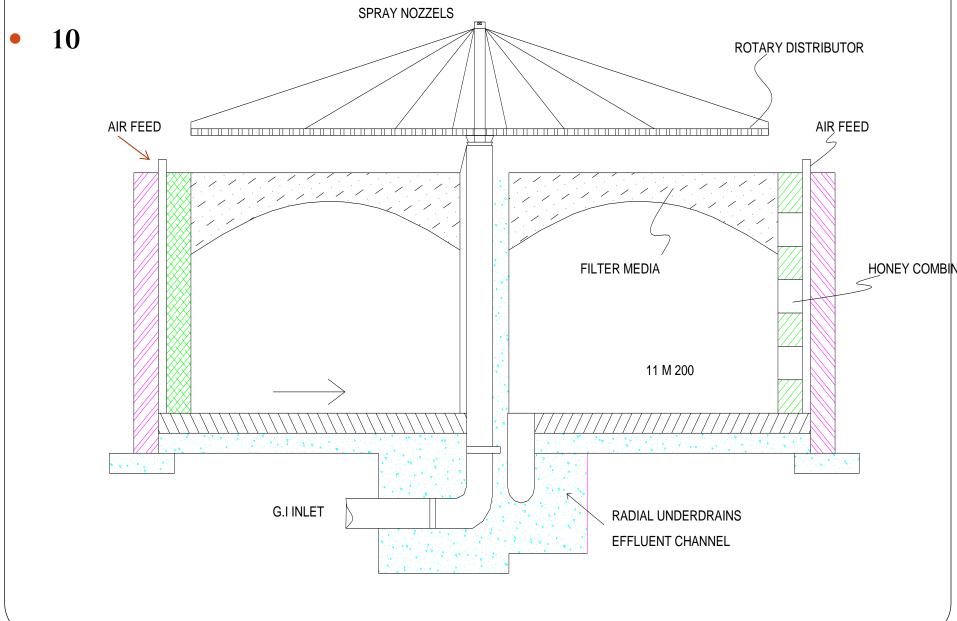






SECONARY - TRICKLING FILTER

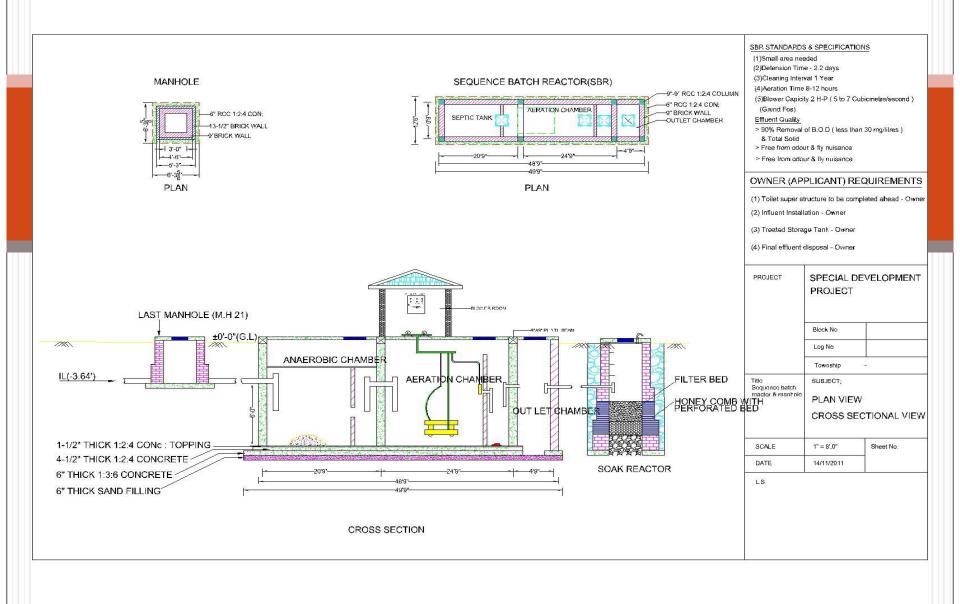






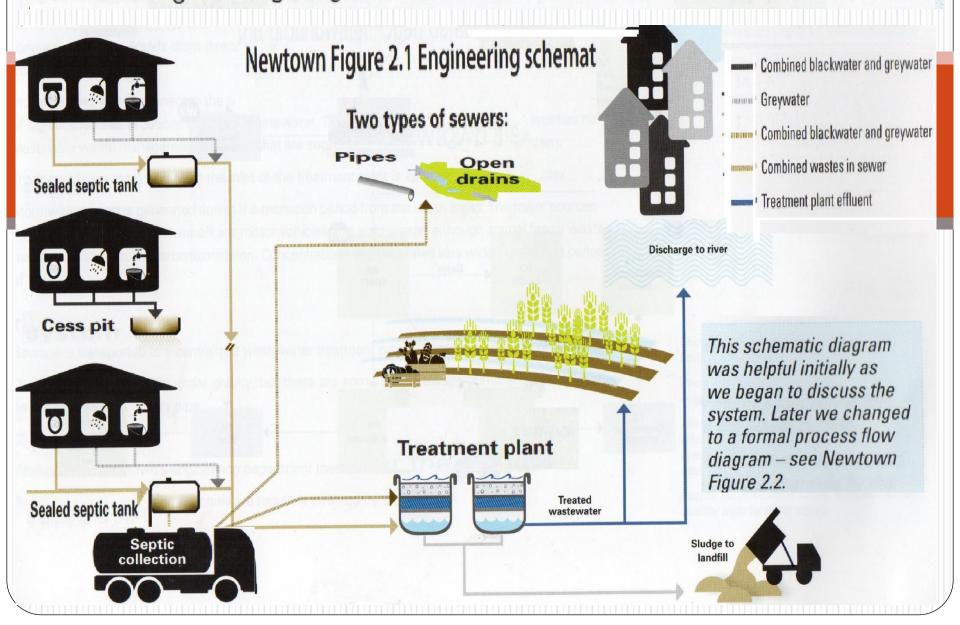
SECONARY - ACTIVATED SLUDGE or SBR





Module 2.1 Map the system

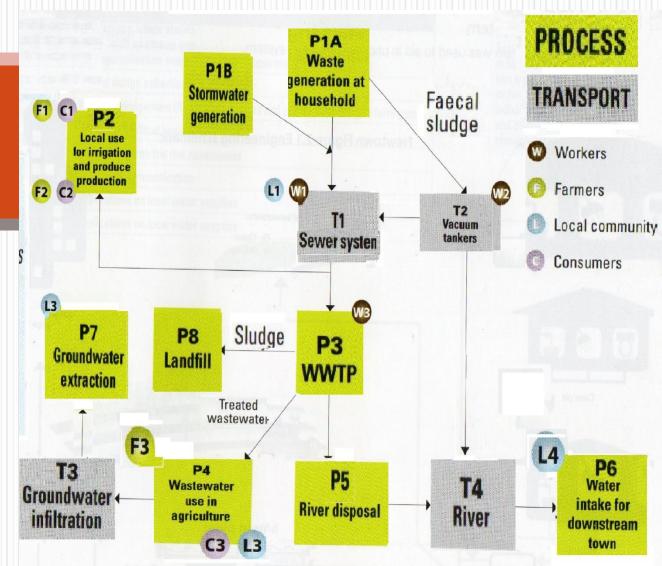
An initial engineering diagram was used to aid in understanding the syster



Newtown Fig 2.2 Process Flow Diagram

This is the process
F.D adopted during
Module 2.1

The process and Transport nos (P1, P2, T1, T2 etc) helped as system information.





Nytrogen Cycle & Effects



•
$$NH^{4+} + 2O_2 = NO_3 + 2H^+ + H_2O$$

• 1 mg
$$NH_4^+ = 3.6 \text{ mg } O_2$$

• 1 mg
$$NH_4^+ = 3.44$$
 mg $NO3^-$

In Water Quality

If NO3⁻ is > 50 mg/l→Cause Blue Baby disease



Denitrification



12.1 Basic Technology of Denitrification

• Nitrification

$$NH_4^+ + (3/2)O_2 \rightarrow NO_2^- + H_2O + 2H^+$$

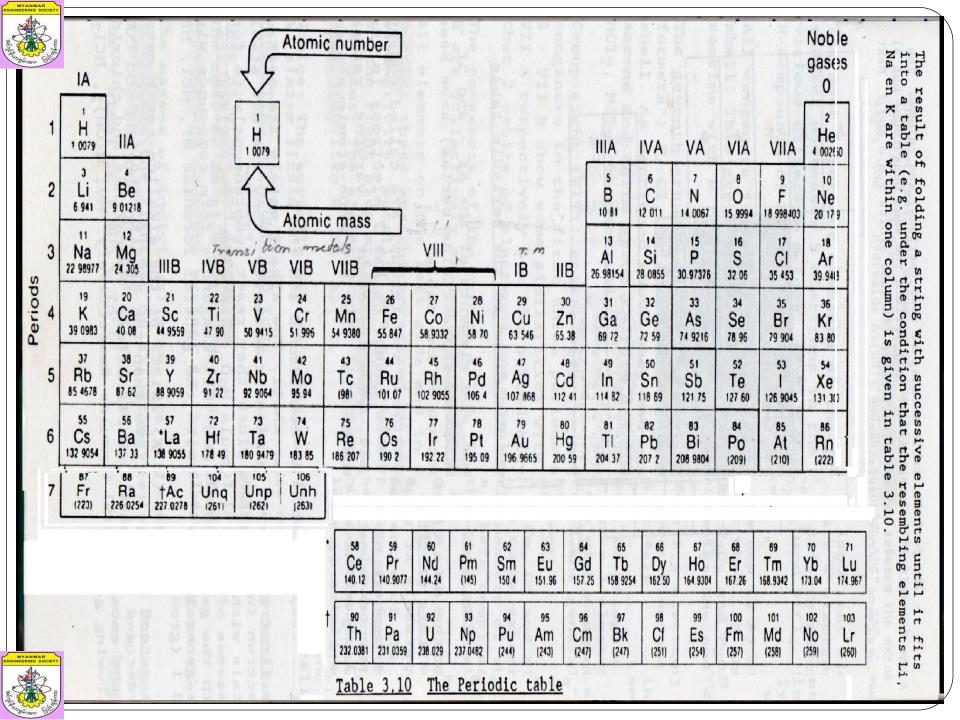
 $NO_2^- + (1/2)O_2 \rightarrow NO_3^-$

• Denitrification

$$2NO_2^- + 3(H_2) \rightarrow N_2^+ + 2 H_2O + 2OH$$

 $2NO_3^- + 5(H_2) \rightarrow N_2^+ + 4 H_2O + 2OH^-$

• In this reaction 4.6 kg of oxygen are consumed to oxidize 1 kg of NH₃-N, and the oxidation of ammonia *reduces the alkalinity in the water*. As the nitrification bacteria are sensitive to temperature and pH, the pH control and temperature range maintenance shall be performed carefully to effectively promote the reaction.



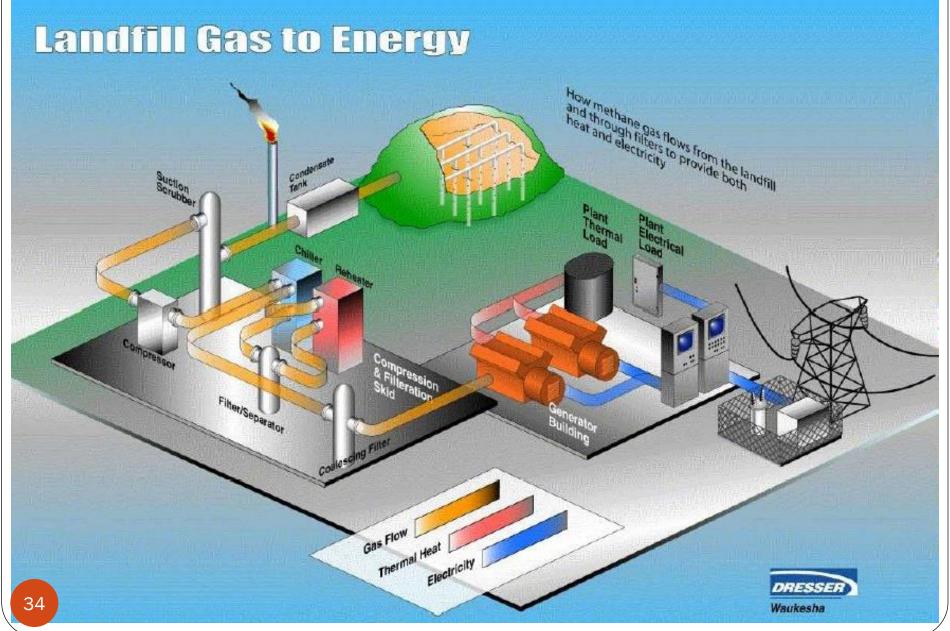
Waste Collection





Waste-to-Energy





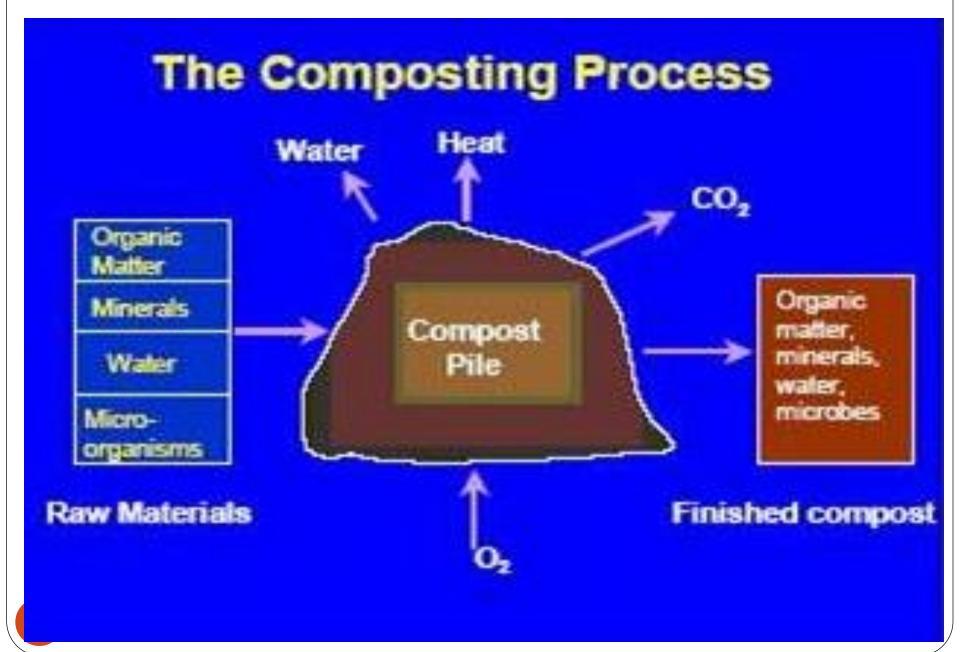


Waste Reduction & Recycle





Waste Composting



Colid Wasta Managament Nacdadl



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Solid Waste Management Badly Needed in Myanmari

Asia's urbanized areas produce about 760,000 tons of solid waste daily, and are expected to be more than double by year 2025. And that is not even the worse case scenario.

According to the World Bank, municipalities in developing countries spend 20-50% of their budget on solid waste management. Sadly though, 30-60% of urban solid wastes in Asian countries remain uncollected and less than 50% of the population served. In some cases, as much as 80% of the trash collection and transport equipment is non-functional.

Despite the palpable urgency to solve this issue, local governments in third world countries are stumped in the achievement of an effective solid waste management system (SWMS) in urban areas for several factors. These factors include lack of funds and resources. community involvement, collective and participatory planning, technical knowhow of staff, discipline on the part of waste producers, and updated policies.

A Microcosm of the Waste Management Concern

Yangon City, the capital of the Union of Myanmar, exemplifies an alarming neglect of this waste management issue. Currently, the City has a population of 5.5 million with an annual growth rate of about 2%. More people mean more waste. Rapid urbanization and population growth renders the City's human health and environment vulnerable to the effects of inefficient waste management system.



Seinn Lei Aye, in her dissertation titled "Strategic Solid Waste Management Planning for Yangon City, Myanmar', defined solid waste management (SWM) as the "generation, storage, collection, transfer, and transport, processing, and disposal" of solid waste, according to social and economic needs and environmental standards.

In the case of Yangon City, the municipal area generates approximately 2,900 tons of solid waste daily, with a daily collection efficiency of 54%. The average waste generation of public sector is about 0.53 kilogram per capita

Yangon City's SWMS is "centrally implemented, labor-intensive, and uncontrolled." The Pollution Control and Cleansing Department (POCD), under the Yangon City Development Committee (YCDC), administers and performs the municipal SWMS. The 33 Townships in the City are classified into 4 Districts - North, South, East and West. PCCD maintains offices in each township, and each township also executes waste collection, street sweeping, and transportation practices.

The current system, however, proves inadequate. This lack of an adequate SWMS in terms of planning. legislation, capacity building, and low level of awareness on environmental management, obsolete equipment, and insufficient budget, among other limitations, is quite alarming.

High Cost. In the 2003-2004 Financial Year, the Yangon City SWMS incurred a total expense of 1.2 million US dollars to collect a total waste volume of 245,098 tons. Meanwhile, the system recovered a mere total of 0.98 million US dollars.

Lack of Technical Know-how. Aside from the high cost of the overall SWMS, waste management officials and staff lack the proper know-how on waste management technologies and have not yet fully grasped its social, economical, and ecological implications.

Outdated policies and legislations. For an SWMS to be adequate and effective in a rapidly growing city such as Yangon, there has to be a strategic plan. Unfortunately, legislation on Yangon City's SWM was formulated way back in 1922, and nothing else followed ever since. This legislation is contained in Sections 111 and 112 of the City of Rangoon Municipal Act of 1922 entitled "Scavenging and Cleansing Acts*. This empowers YCDC to act on waste management within their jurisdiction and to adopt resulations and standards for the storage, collection, and disposal of solid waste. However, implementing rules and regulations have yet to be put in place, and the existing ones updated.

Policy Recommendations

Based on Aye's study, the SWMP will be rendered effective if supported by policies in the form of legislation, regulations, and administrative orders issued by YCDC and the Mayor. The recommended policies and ordinances that need to be drawn are:

1. An ordinance to support the ecologically sound practices on SWM such as the requirement for

- environmental impact assessment (EIA) for the industries and waste segregation programs for residential, commercial, and other establishments:
- 2. An ordinance to support the collection of waste management charges in the form of directuser charges (which depend on volume of waste generated) and monthly charges from households, institutions, commercial establishments, and industries;
- 3. An anti-littering ordinance that penalties illegal dumping of wastes.

Other recommendations toward an effective SWMS are:

- Active community involvement and participation through appropriate information dissemination and knowledge proliferation on proper
- Waste minimization:
- Efficient and effective solid waste collection and transportation system; and
- Effective cost recovery program essential in developing waste management practices. (Marte Fjel I. Maranan)

Seinn Lei Aye, PhD. Swategic Solid Waste Management Planning for Yangon Civs. Myanmar. University of the Philippines Los Baños (UPLB), December

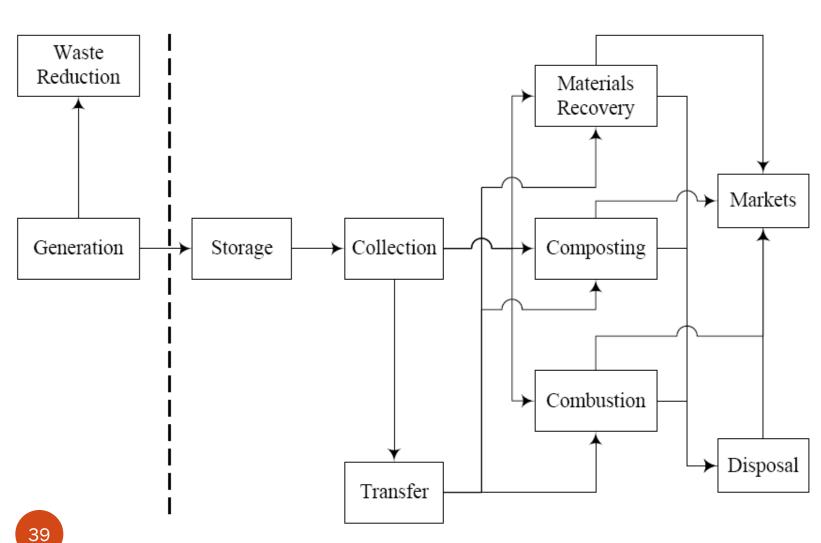
Yangon City's SWMS

"centrally implemented, labor-intensive, and uncontrolled."

- The Pollution Control and Cleansing Department (PCCD), under the Yangon City Development Committee (YCDC), administers and performs the municipal SWMS.
- The 33 Townships in the City are classified into 4 Districts North, South, East and West.
- PCCD maintains offices in each township, executing waste collection, street sweeping, and transportation practices.
- The current system, however, proves inadequate.
- Lack of an adequate SWMS in terms of
 - planning,
 - legislation,
 - capacity building,
- Low level of awareness on environmental management,
- Obsolete equipment, and insufficient budget,
- Other limitations

Integrated Solid Waste Management

Solid Waste Management



Source: Hickman



Processing and Disposal of MSW



Landfill

Composting

• Recycling and recovery

Incineration

Landfill

- The most preferred method for the final disposal of solid waste.
- Most of these sites practice open dumping.
- Landfill Gas
- Waste-to -Energy



Sanitary Landfill



New York State Dept. of Health, Albany, 1969).

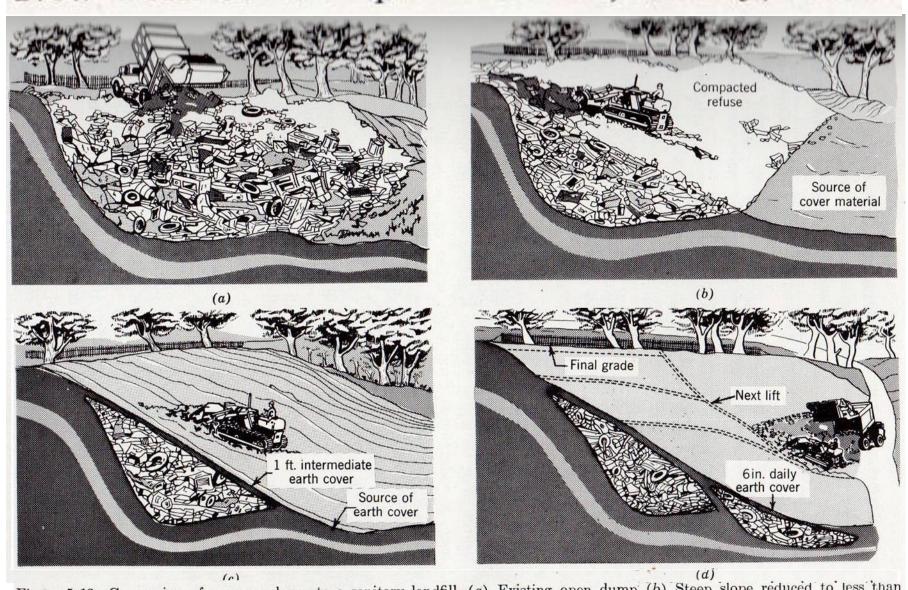


Figure 5-13 Conversion of an open dump to a sanitary landfill. (a) Existing open dump (b) Steep slope reduced to less than 2:1 to allow safe operation of equipment (c) Refuse compacted and covered (d) Refuse area operated as a sanitary landfill

Composting

- The second preferred method of solid waste disposal,
- Due to the high % of organic materials.
- Compost
- Biofertilizer
- Organic Farming

Recycling and recovery

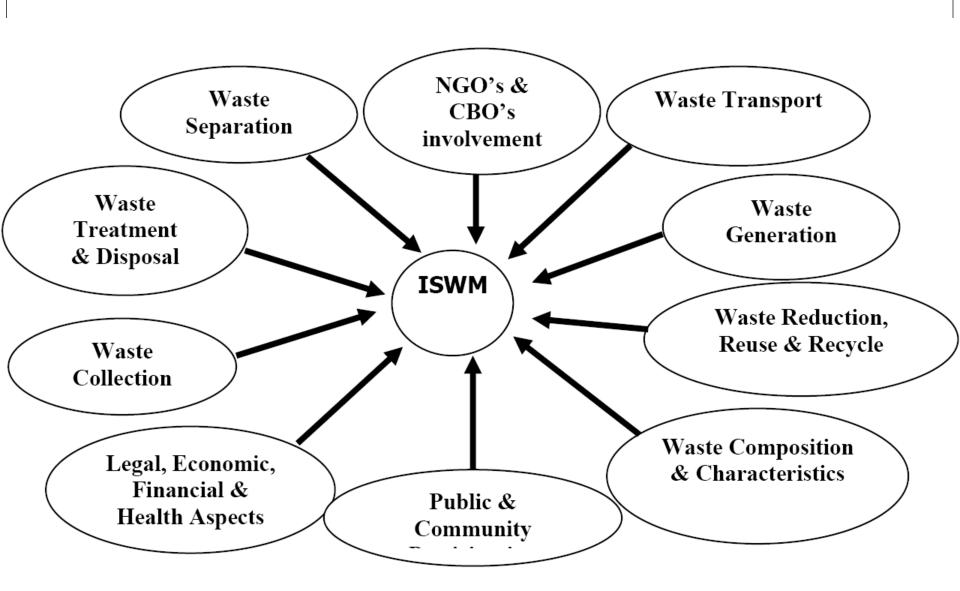
- Generally carried out by the informal sector.
- Collection of recyclable waste is done in several steps such as
 - door to door collection,
 - collection at secondary and primary transfer stations
 - even in the disposal sites.
- Due to the collection systems
 - the low quality of scrap,
 - the recycling rate is low
 - high number of waste pickers working.

Incineration

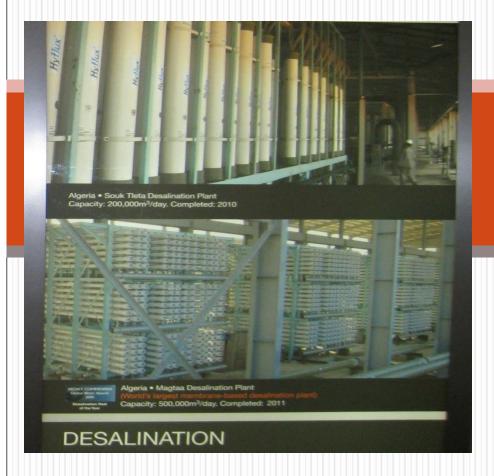
- Due to the high capital, operation and maintenance costs involved for the installation of incineration plants,
 - incineration is not popular as a waste disposal system.
- the major portion of the MSW is organic with relatively high moisture content
 - leads to a low calorific value

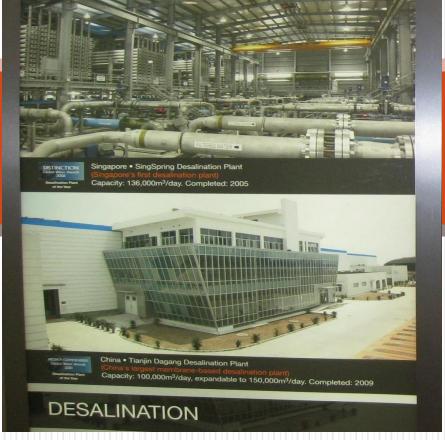


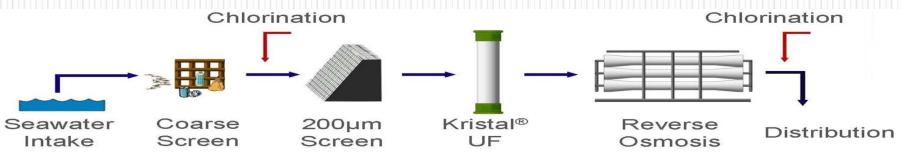
Integrated Solid Waste Management



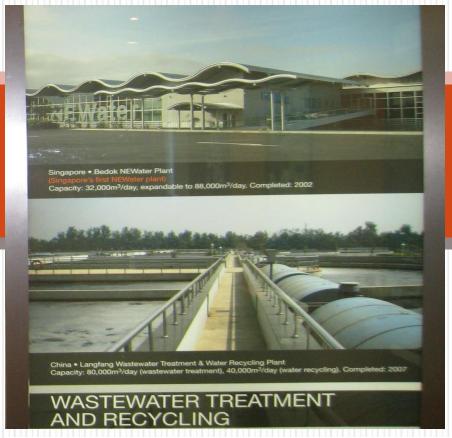
DESALINATION





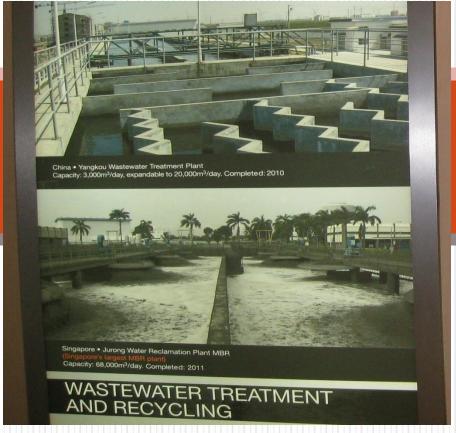


WASTE WATER

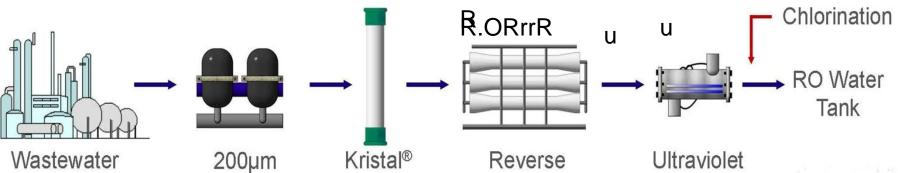


Auto-strainer

Treatment Plant



Irradiation



Osmosis

UF

Main Air Compressor in Botadaung Township, Sewage are driven by air compressing to Treatment Plant

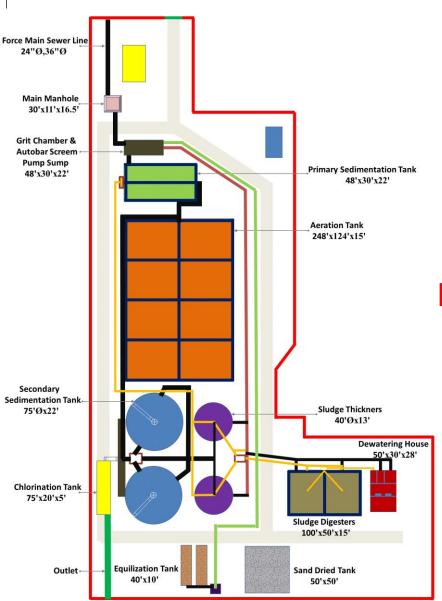


- Year of Establishment
- ♦ (6) Steam Turbine Engines
- ◆ Change of year to electrical driven -(1962-1963)
- ◆(2) Electrical Air Compressors of 200 Horse power were reinstalled
- ◆(2) Electrical Air Compressors of 120 Horse power were reinstalled
- ◆Total land areas 2.75 acres

- 1888 year

Layout plan of Treatment plant

Establishment of Sewage Treatment Plant



Programme for Sewage Treatment Project

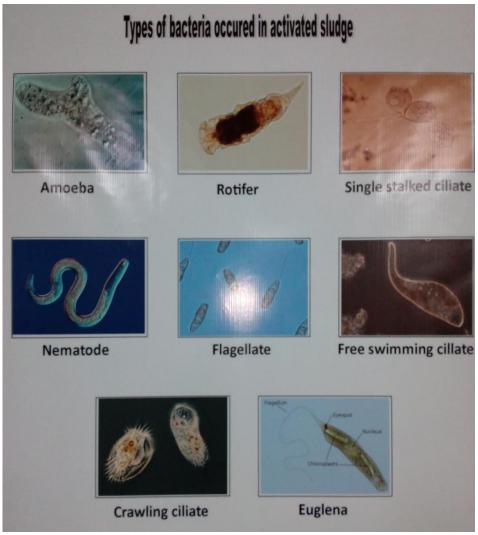
- Detail Design
- Implementation
- ☐ Installation
- Commissioning
- Installation
- Training

Design Criteria:

- ➤ Area of Plant 5.56 acres
- ➤ Design population 300,000
- ➤ Daily wastewater discharge-
 - 14775 m3/day
- ➤ BOD influent 600mg / I
- ➤BOD effluent 20 mg / I
- >Suspended solid influent- 700 mg /
- Suspended solid effluent- 40 mg / I

Microscope





Sewerage System of YCDC

Estimated population with sewer(conventional sewer system) is 300,000 people. Main content of system are

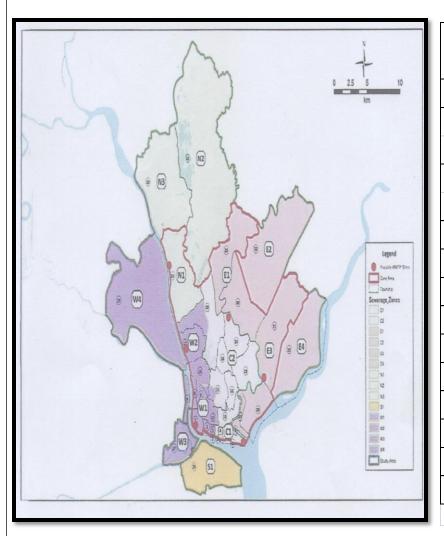
- 1) Air Compressor Station(2) Pneumatic Ejectors(3) Air Pipeline
- 4) Gravity sewer pipeline(5) Wastewater Treatment Plant



- Wastewater treatment plant
- Air compressor station
- Total length of sewer pipe line
 - Sewage ejector (35) Nos

- (10.75) km(12"Cl to 36"Cl Pipe) Manholes - 2114 Nos

SEWERAGE ZONES AREA (13 ZONES)



Zone	Township	
C1	Botahtaung, Puzundaung, Kyauktada, Pebedam,	
W1	Lanmadaw,Latha,Alone,a part of Kyeemyintdaing,Dagon,a part of	
	Bahan,a part of Kamaryut,Sanchaung	
C2+E1	a part of Bahan, Mingalartaungnyunt, Yankin, Thingangyun, Tamwe,	
	S-Okkalapa,a part of Mayangone,N-Okkalapa,N-Dagon	
W2	a part of Kamaryut, Hlaing, a part of Mayangone	
E3	Taketa,Dawbon,S-Dagon	
N1	Insein	
E4	Dagon Seikkan	
E2	East Dagon	
N2	Mingalardon	
N3	Shwepyithar	
S 1	Dala	
W3	a part of Kyeemyintdaing, Seikgyi khanaungto, Seikkan	
W4	Hlaing Tharyar	



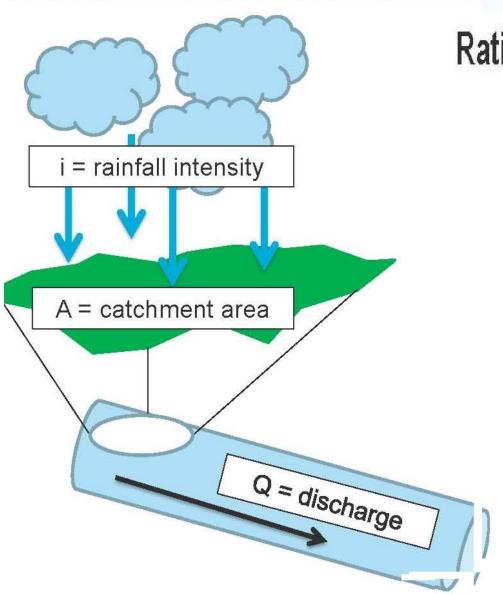


DRAINAGE WITH CONTOUR MAPPING

Contour Mapping & should be disposed to Agriculture & Low Lying Area



Relation Between Drain Discharge and Rainfall Intensity



Rational method (Lloyd-Davies)

- Q Q = 2.78CiA [L/s]
- 2.78 dimensional term for unit conversion
- runoff coefficient between 0
 and 1 describing the
 permeability of the ground
- rainfall intensity [mm/h]

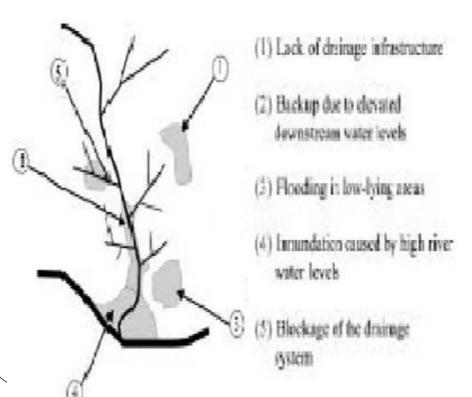
 Catchment area [hectares]

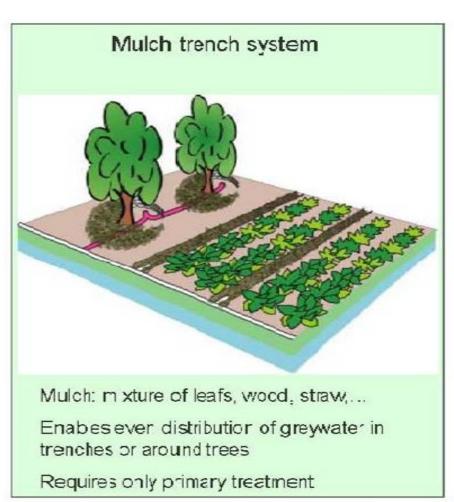
Findings Drip irrigation

- Drip irrigation and mulch trench systems are most appropriate (sub-surface or close to surface
- Alternative where greywater volumes are small and soils are inappropriate for agriculture: Tower gardens

The Problem

Causes and Types of Urban Flooding







ENVIRONMENTAL MITIGATION



Global Hit

June 5 2015

United Nations Environment Programme

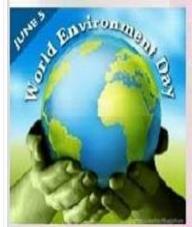
World Environment Day

Every Year. Everywhere. Everyone.

Don't miss the boat



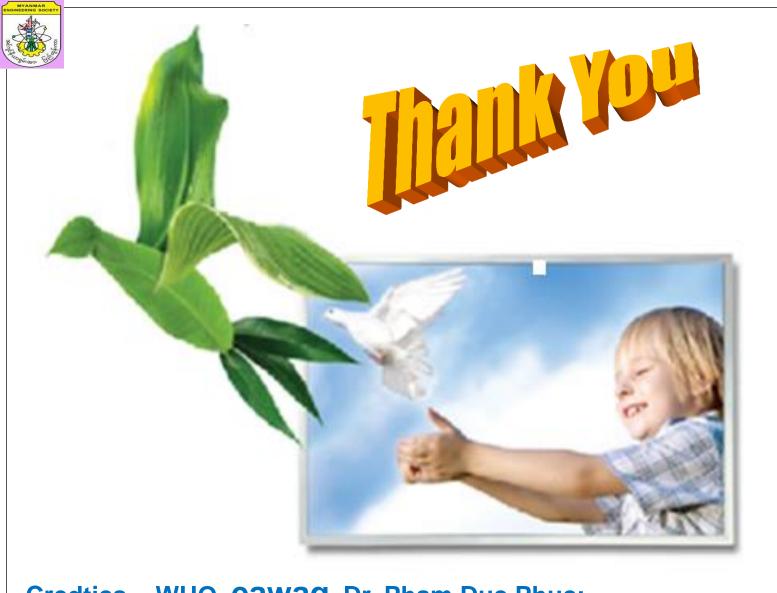




Seven Billion Dreams.
One Planet.
Consume with Care.







Credtics – WHO, eawag, Dr. Pham Duc Phuc:,
Assoc. Prof. Dr. Nguyen Viet Anh, Ms. Thu Le
(MPH), CENPHER, HANOI, AIT, Bangkok, YCDC,
MES-MMR, CDD, Bangalore, India & BORDA