

How to Choose the Best High-Efficiency Showerhead?

There are many choices in high-efficiency showerheads, see the following to help you choose which is best for you:

- **Check the label:** Look at the product information and look for the WaterSense® label. Check for a flow rate of no more than 7.6 litres per minute (L/m). The current BC Building Code for a showerhead is 9.5 L/m. So, to really save water, you need to get one with a lower flow rate.
- **Check the design:** How well does the showerhead save water? There are two basic approaches that almost all manufacturers use.
 1. **Aerating:** mixes air with water. **Pros:** Makes the flow feel more substantial. **Cons:** Spray can sometimes be misty, less powerful. Air-laden water can feel colder.
 2. **Laminar flow:** uses tiny holes to form individual streams of water. **Pros:** May cost more, but they save energy by maintaining water temperature. They also don't create as much steam or moisture. **Cons:** Small "jets" can sting. Prone to clogging up and becoming less effective over time.
- **Check the type of showerhead:** Select the type of showerhead you would like either stationary, hand-held or both.
- **Reduced water:** Some showerheads also come with a shut-off valve that allows you to stop the flow of water while shampooing, which greatly reduces the amount of water used in every shower.

Additional Ways to Save Water in the Shower

Already have a high-efficiency showerhead? Even with the best technology, it's good to be mindful of showering habits. Here are some extra ways to save water:

- **Check for leaks.** Dripping showerheads can waste hundreds of litres of water per week. Check the showerhead arm to make sure the threads are wrapped with Teflon tape. Make sure the showerhead is screwed on tightly. Also check for worn washers/seats.
- **Collect water.** Put a bucket in the shower while you're waiting for the water to warm up, and use the water you collect for watering plants, flushing the toilet, or cleaning.
- **Reduce showering time.** Studies have shown that the average showering time is 8 minutes, but it is easy to get clean in 5 minutes. Cutting showering time by 3 minutes each day, even with a 9.5 L/m showerhead, could save 10,000 litres of water per year plus reducing energy use and greenhouse gas emissions.
- **Use a shower timer to see how much time you spend in the shower.**

For more information, resources, and water saving tips visit www.crd.bc.ca/water



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Water Conservation

Shower Smart

Water Savings in the Shower

CRD | Parks & Environmental Services



Easy ways to
reduce your
impact

Why Pay Attention to Showers?

Did you know that showering is the second largest water use in a home?

Showering accounts for 19% of total residential indoor water use, making it the 2nd largest water use in the home. That's approximately 15,336 litres per person per year, which is enough to fill almost **18,000 swimming pools** per year across the Capital Region.

Hot shower water uses large amounts of energy and indirectly creates greenhouse gas emissions.

You can save water by choosing a high-efficiency showerhead and by reducing your shower time!

Save water and money with a high-efficiency showerhead & by reducing shower time!



Replace Your Showerhead

Showerheads purchased before 1992, and even some modern showerheads, waste a significant amount of water and energy. Look for a WaterSense® label on your showerhead to tell if it is efficient. These new high-efficiency showerheads are required to use no more than 7.6 litres per minute (L/m), with many using 5.6 L/m. By retrofitting your bathrooms with high-efficiency showerheads, you can save a considerable amount of water, energy and money.

Advantages of a high-efficiency showerhead

A family of 3 could save 11,000 litres per year by installing WaterSense® labeled showerheads. These showerheads provide a water reduction of 30% compared to the current industry standard of 9.5 L/m. Since these water savings will reduce demands on water heaters, they also save energy. In fact, the average family could save more than 370 kilowatt hours of electricity annually, **enough to power a house for 13 days.***

*www3.epa.gov/watersense/products/showerhead

What Is My Current Showerhead's Flow Rate?

Efficient showerheads have low flow rates:

1. To measure how many litres per minute your current showerhead is using, place a bucket** under your showerhead.
2. Turn the shower faucet on full and run the water into the bucket for 10 seconds.
3. After ten seconds, measure the volume of water. Multiply your measurement by six to get the amount of water flow per minute. For example, if you ran your shower for 10 seconds and captured 1.9 litres of water in your bucket, your showerhead would have a flow rate of over 11 L/m.

**Alternatively, call CRD to receive a shower bag (shown below) that you can use for measuring instead of a bucket.

If you have a flow rate of more than 9.5 litres per minute, consider replacing your showerhead with a high-efficiency model.

