Your savings will depend on how much you pay for water. Installing an efficient showerhead could save as much as 108 litres of water for every 6 minute shower.

Taking a shorter daily shower instead of a bath can translate into savings of 40,000 litres per year. Multiply that by the number of people in your household and you will start to see the savings.

Less water means less hot water, which translates into savings on your power bill as well.

is brought to you by the Regional District of Nanaimo’s Drinking Water & Watershed Protection Program partners:
Thinking of Replacing your Showerhead?

It is a common misconception that showers use less water than baths. To see how many litres per minute your shower is using, place a bucket under the spray.

Turn the tap on full for six seconds then measure the accumulated water. Multiply that by ten for the amount of litres per minute that your shower uses.

Efficient showerheads use on average 9 litres of water per minute.

As with low-flow toilets, when efficient showerheads first came on the market, the technology was not properly developed. However, current models have been redesigned to meet consumer demands for quality and efficiency.

Nevertheless, as with any new installation you will want to ask family and friends for product recommendations before your purchase.

Installing a Showerhead

Before attempting to remove an old showerhead and replace it with an efficient model, check the condition of the shower arm and piping.

Consider professional help if:

- Your home has galvanized iron pipe, identifiable by its silver colouring, rough texture and threaded fittings. Galvanized pipe can corrode with age, making it difficult to work with.
- The existing showerhead does not remove easily after using spray lubricant.
- The showerhead extension pipe moves, twists or leaks.

Materials Needed

- Channel lock pliers or pipe wrench
- Masking tape
- Bath-tub size piece of rubber mat
- Rag or wire brush
- Crescent wrench
- Teflon tape
- Spray lubricant
- New low-flow showerhead

What to Buy

There are two basic types of low-flow showerheads: aerating and non-aerating.

- Aerating showerheads mix air into the water stream which maintains a steady pressure, resulting in an even, full shower spray. These are the most popular kind of low-flow showerhead.
- Non-aerating showerheads do not mix air into the water stream. This type of showerhead maintains a warmer temperature and has a stronger, more pulsating type of spray, giving more of a massaging effect.
- Many low-flow showerheads are equipped with a push-button shut-off valve, which allows the user to interrupt the flow of water while soaping up, saving even more hot water.