

Low-Flow Showers

Low-flow shower fittings can save a lot of water, electricity and money by reducing cold and hot water consumption. This solution is probably one of the easiest and quickest ways to make a large impact on wasteful consumption.



Recommendations

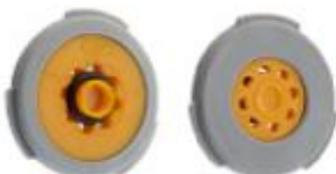
- ❑ Upgrade to low-flow shower heads. Select WaterSense labelled products.
- ❑ Alternatively, install shower “flow regulators”. This is a small plastic device with holes in it that is installed in the pipe behind the existing shower head.
- ❑ Recommended flow rates:
 - 9 litres /min – Luxury hotel
 - 7,5 litres /min – City of Cape Town water by-law
 - 5 litres /min – The lowest recommended
 - (Ordinary shower heads have a flow rate between 10 and 20 litres /min)
- ❑ Check the flow rate using a bucket and stopwatch.
- ❑ Contact [Ecolution](http://www.ecolution.co.za) for more details.

Environmental Improvement	High
Awareness Impact	Medium
Capital	Low
Payback	< 0.25 months

Savings and Benefits

- ❑ Reduce water consumption and costs.
- ❑ Low-flow showers save up to 50% of the water used.
- ❑ Reduce your energy bill by saving hot water.
 - A family of three could take around 1 100 ten minutes showers per year. A low-flow shower, assuming 9 litres per minute, will save this family approximately 200 000 litres of hot water per year compared to conventional showers with flowrates of 15 litres per minute, without impacting the quality of the shower.

Shower flow regulators inserts



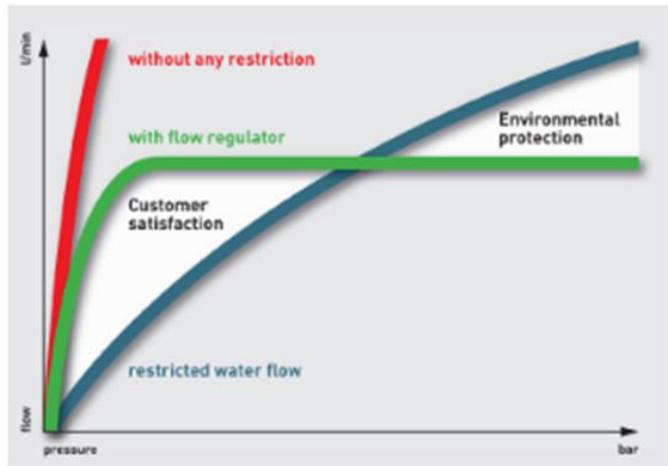
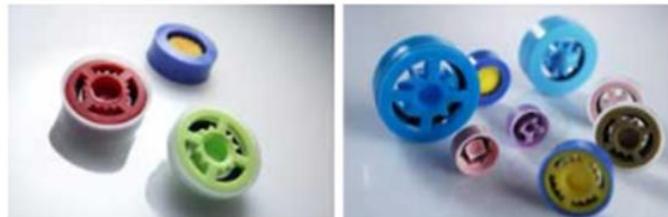
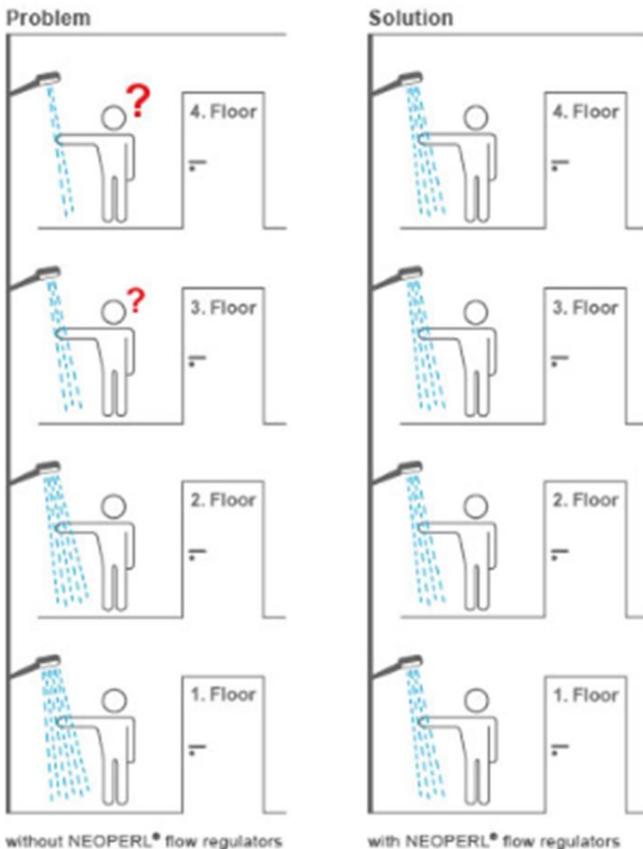
(Neoperl, 2018)



A low-flow shower head

Low Flow Shower Head		Shower Flow Restrictor	
Pros	Cons	Pros	Cons
Saves Water	Wide variety on the market with cheap ineffective versions	Saves water	May not fit all shower types
Can get adjustable variations	Different shower heads work differently with high/low and balanced/unbalanced pressure	Maintains a predefined flow rate near-constantly	
Good for new builds	Not economical to retrofit	Very cost effective	
		Wide variety of flow rates to select from	

Multi-Story Buildings



Water Saving with flow regulators