



Step 1



Step 2



Step 3

How to install a flow regulator

Heating water represents the largest energy cost (gas or electric) in the home, costing up to \$400 every year and accounting for up to 3,000kg of greenhouse gas emissions. By reducing the amount of water you use you can reduce both your water and energy bill. One of the easiest ways to do this is to install flow regulators in your home.

A flow regulator is a simple device which reduces the flow of water from a tap or shower to 6, 9 or 12 litres per minute. This reduces the amount of water that is wasted.

WHAT CAN I DO?

Install flow regulators in your shower head and in your taps to save water and money.

HOW DO I DO IT?

Installing water-saving flow regulators is easy and you don't need a plumber. All you need is a spanner, some thread tape and the flow regulator device. These items are available from hardware stores and plumbing outlets. Not all taps and showerheads are the same, but most flow regulators will fit. If you purchase one and it isn't right then exchange it at the place of purchase.

Install flow regulators in your showers and taps and save each year.



TANYA HA, an expert in environmental living and the author of *Greenology* and *The Australian Green Consumer Guide* provides advice on saving water in your home.



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1. With the taps turned off, use a spanner to unscrew the shower outlet in an anti-clockwise direction.
2. Wind several turns of thread tape onto the thread in a clockwise direction.
3. Fit the new flow regulator. There are several types of flow regulator available. Some come in a barrel which screw on, others are a small washer which fits inside the shower arm or tap fitting (like the ones in these pictures).
4. Refit the shower outlet, turning in a clockwise direction until tight.
5. Turn on water to test. If water leaks from around the fitting, remove the flow regulator and apply some additional thread tape.

WHY?

Installing a flow regulator in your shower head will decrease water flow from around 12 litres per minute for a conventional shower head to 9 litres per minute. Installing a flow regulator in your kitchen sink outlets can decrease

water flow from 15-20 litres per minute to around 6 litres per minute. If children leave taps running when cleaning their teeth a flow regulator will reduce the waste (Turning the tap off is still important for saving water and money).

How much you save depends on the number of people in your household, but on average you could save:

- 25,000 litres of water per year (enough to fill a backyard swimming pool).
- Around \$140 off your energy and water bill.
- Almost one tonne of greenhouse gas emissions.

Unfortunately not all hot water systems, particularly instantaneous water heaters, are suitable to allow for the installation of a "3 star" rated flow regulator. Check with the manufacturer to find out if your water heater is suitable.

Flow regulators are available from hardware stores for approximately \$5 each.