

DIY: Installing a Water Efficient Shower Head

Priority: Medium

Difficulty Level: Easy - A quick project requiring minimal physical strength and zero plumbing experience.

Time commitment: Takes about 10 to 20 minutes to complete.

Physical requirements: Involves standing inside the tub and reaching overhead.

Purpose

The purpose of installing a water -efficient showerhead is to reduce water consumption and lower the energy needed to heat that water without sacrificing water pressure.

- Lower water heating bills: Conserves the hot water supply, reducing energy use.
- Reduce water consumption: Cuts water volume usage by up to 40% per shower.
- Maintain water pressure: Utilizes air-induction or narrow nozzles to keep flow feeling strong.
- Lower sewage costs: Decreases the overall volume of wastewater entering utility lines.

Indicators that this Action is worth doing in your home

- Your showerhead isn't rated at or under 2.0 Gallons Per Minute (GPM).
 - You can usually find this rating tamped, etched, or printed on the neck, rim, or underside of the fixture

Video:

[How to install a low flow shower head](#)

[Save Water Easily: Install Showerheads & Faucet Aerators](#)

Materials Needed

- WaterSense certified showerhead: Features a flow rate of 2.0 gallons per minute (GPM) or less.
- Plumber's tape (Teflon tape): Creates a watertight seal on the shower arm threads.
- Adjustable wrench: Loosens the old showerhead and tightens the new one.
- Rag or cloth: Protects the metal finish from being scratched by the wrench.
- Old toothbrush: Cleans out crusty mineral buildup or old tape from the pipe threads.

Directions

- Turn off the shower knobs: Ensure the water valves are completely closed tightly before starting.
- Remove the old showerhead: Wrap a rag around the connecting nut, clamp it with the wrench, and turn counterclockwise.
- Clean the pipe threads: Scrub away any crusty white lime scale or leftover white tape using a toothbrush.
- Apply new plumber's tape: Wrap the tape clockwise around the pipe threads 3 to 4 times, pressing it flat.
- Thread the new showerhead: Screw the new fixture onto the pipe clockwise by hand until it is snug.
- Tighten and test: Use the rag and wrench to tighten it one quarter-turn further, then turn on the water to check for leaks.

Tips

- Wrap tape clockwise: Always wrap tape in the direction the showerhead screws on so it does not unroll during installation.
- Look for WaterSense: Choose fixtures with the EPA WaterSense label to ensure verified performance and pressure.
- Hand-tighten first: Never force the threads with a wrench initially to avoid cross-threading and ruining the pipe.
- Keep the old washer: If the new showerhead leaks at the base, check to ensure the small rubber washer inside did not fall out.