



HomeEnergyAdviceTeam

AAA Showerheads

Australians are among the world's highest producers of greenhouse gases per household. Most of the energy we use every day puts greenhouse gases into the atmosphere through the burning of fossil fuels. Australia is also the world's driest inhabited continent, and our water is now more precious than ever.

All Australians can make a real difference by taking a few simple actions to reduce their home energy and water use. Installing a AAA ('triple A') showerhead is an easy way for you to help the environment, as well as reduce your energy and water bills.

What are AAA Showerheads?

AAA is a water efficiency rating. AAA showerheads use high quality design and technology that gives you a great shower while using less water. Conventional showerheads can use more than 20 litres of water – about three buckets – every minute. AAA showerheads use no more than nine litres – less than one bucket – per minute. That's a saving of 57,000 litres each year for a family of four, the same as over 200 bathtubs full of water. And because showers use hot water, AAA showerheads save on energy bills as well.

What are the benefits of AAA Showerheads?

- Save water.
- Save energy.
- Reduce the risk of running out of hot water.
- Help protect the environment. Standard electric and gas water heating systems produce greenhouse gases, which contribute to the greenhouse effect. Using less hot water means you'll reduce greenhouse gas pollution. By using a AAA showerhead, an average household with an electric hot water system can cut greenhouse gases by one to two tonnes each year.

What sort of savings can I expect from an AAA showerhead?

A recent ACT Government study showed that by installing a AAA showerhead, the average ACT

household can save over \$100 on their yearly energy and water bills. Households with electric storage hot water can save over \$200 per year.

If you have a solar hot water system, you may save less money on your energy bill but you'll still be saving water.

Where can I buy AAA Showerheads?

You can pick up AAA showerheads at hardware, plumbing supplies, or bathroom specialty stores.



How much do AAA Showerheads Cost?

AAA showerheads cost no more than most conventional showerheads – you can buy one for as little as \$20. With savings on your water and energy bills, it will pay for itself in less than a year.

Will an AAA Showerhead give me a satisfying shower?

AAA showerheads today are much better than the original water saving showerheads. Because of their high quality design, AAA showerheads can give you a shower as good or better than one from a conventional showerhead.

How do I install a AAA Showerhead?

Installation is generally easy for the householder. Most AAA showerheads should include clear instructions on the packaging. If in doubt, a plumber or handyman will be able to fit the showerhead within a few minutes.

Note: AAA showerheads are not suitable for all models of hot water service. If you have an instantaneous water heating unit, check with the manufacturer – the reduced flow rate of some AAA showerheads may be too low for some heater models. If you have a gravity-fed hot water unit, check with the showerhead manufacturer – not all showerheads will deliver enough water if your water pressure is low.

Test it yourself...

To get an idea of the amount of water a AAA showerhead will save you, try the following:

Before you take off your old, conventional showerhead, turn the water on full and measure how long it takes to fill one bucket. Do the same once you've installed your new, AAA showerhead and compare the difference – you'll be surprised at how much water you're saving.

Waterwise master plumbers

If you need a plumber to fit your showerhead, we suggest you contact a waterwise plumber. Accredited waterwise plumbers have been trained to fit AAA showerheads and water restrictors, and to perform a water audit of your property. A list of waterwise plumbers is available from the Home Energy Advice Team.

Recycling old showerheads

Don't just throw your old showerhead away – you can recycle it instead. Return your old showerhead to the shop where you bought your AAA showerhead, or drop it off at a metal recycling yard.

More information

This fact sheet is produced by the Home Energy Advice Team (HEAT) to provide you with some quick tips on how to save water. If after reading it you'd like more free information about this or any other topic to do with saving energy in your home, don't hesitate to contact us:

A range of other fact sheets on saving energy and money in your home are available from HEAT



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