



## DIYmodify Factsheet

# CHOICES for HANDHELD SHOWERS

This factsheet gives you some more information on:

- Things to check
- Things to look out for
- Shower sensation types

There are lots of different handheld showers to buy. There are cheap ones and also very expensive ones.

Some of the options are outlined below. You will need to check their availability, cost and suitability for your use.

Your first decision is:

- Shower head on a flexible hose
- Shower head on a sliding rail.

The cheapest option is the fixed shower head swap.

The most expensive option is a sliding shower head which can also be used as a grab rail.

Both types have different choices for the spray patterns and materials.

## THINGS TO CHECK

Check the shower head is not too heavy for you to hold.

Some handheld showers have a strap that you can slip your hand through, so if your hands can't hold onto it firmly you are still able to shower by yourself.

If you are using a shower chair, check the shower head can fit through the slats or gaps in the chair so you can wash every part of your body thoroughly!

If you can only use one hand, make sure the shower head is adjustable for temperature and pressure using one hand only.

## THINGS TO LOOK OUT FOR:

Remember that metal gets hot, so check that the shower head has been designed to be held when hot.

If you are concerned about water usage, look at the Water Efficiency Labelling and Standards (WELS) rating. A three-star rating is the best for shower heads and will allow 6-9 litres flow of water per minute.

If you have an instantaneous gas hot water system, some of these may not cope well with low-flow shower heads as they require a larger flowrate to switch on. Every shower head has a water restrictor inside it, which may need to be removed if you have a gas instantaneous hot water heater. Ask when you are buying the handheld shower head, how to do this.

If your home has several floors, a low-flow model may be better upstairs where the water pressure can be lower.

## SHOWER SENSATION TYPES

Options for the spray include massaging jets, gentle or a combination. Make sure it is easy to adjust!

Wider heads can provide a better showering experience than smaller ones.

While this may not be a huge consideration if you tend to stick to just one type of jet, some people may appreciate a shower head with adjustable spray settings. Remember; the price of the shower head will increase with the number of different spray types it has.

There are shower heads that have a Vitamin C cartridge to get rid of chlorine that can be too harsh on some peoples' skin.

There are shower heads with an on/off switch at the shower head which will help you if you can only use the shower with one hand.

There are shower heads that have a temperature adjustment on the head, so you can make sure the water won't be too hot.

Make sure the sliding rail you have can be used as a grab rail if this is what you wanted. If it is not a grab rail, you can fix a grab rail close by to use if needed.

*\*\*This information was correct at time of printing.*