

Water Saving Guide

**Tips and advice for
smart water use at home**

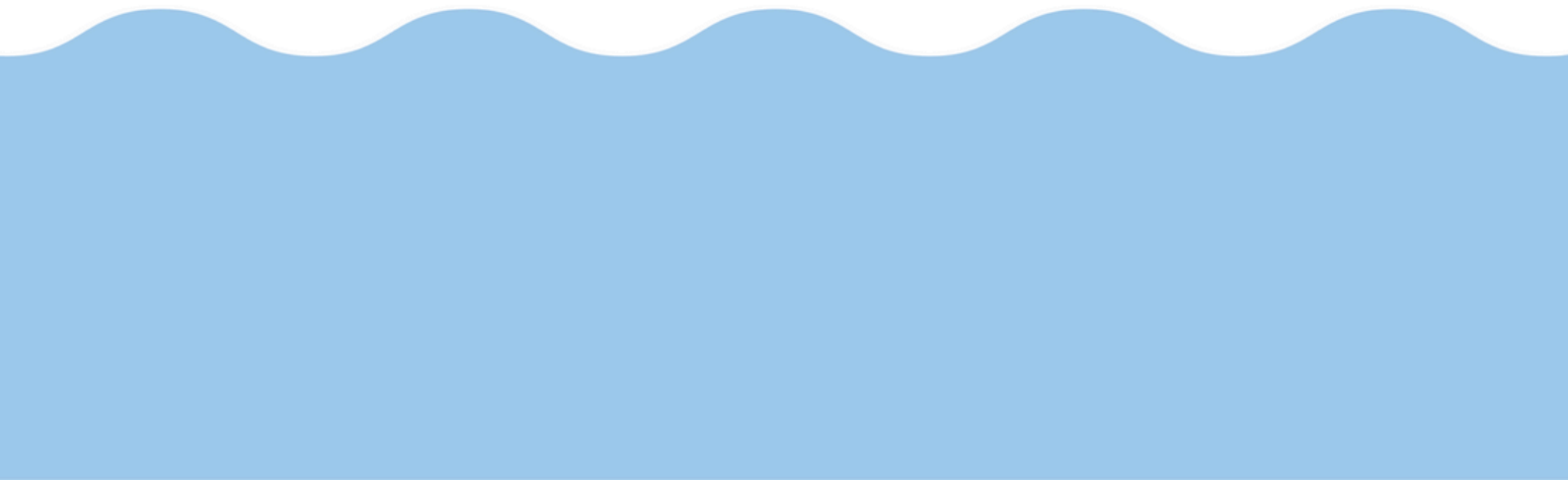
Helsinki

Heka

Water is an important natural resource that should not be wasted. By using water wisely, you can reduce the environmental impact of your living and lower your costs.

By saving hot water, you also save energy.

This guide shows you how you can easily save water.



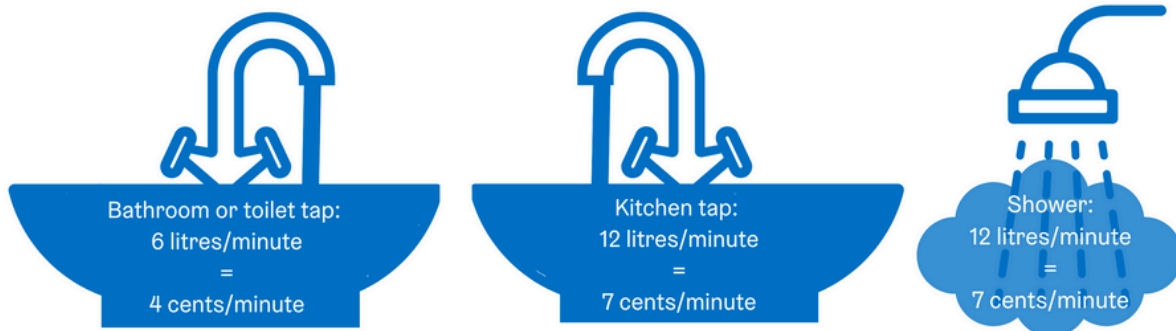
Five tips for saving water

1

Avoid long showers

A 10-minute shower uses about 120 litres of water. This is equal to 12 buckets of water, of which five buckets are hot water and the rest are cold. Hot water is about twice as expensive as cold water because the cost of the energy to heat it up is added to the price.

- Through small actions, you can reduce that amount considerably:
- Shorten your shower time and do not linger.
- Instruct children on shower times.
- Do not run the water at full power.
- Turn off the tap while soaping and use water only for rinsing.
- Do not use the shower to warm up. Use lukewarm water, which also feels warm.



2

Report leaking water fixtures

Leaking taps and toilets consume a surprising amount of water.

- A dripping faucet with a leak rate of 50 ml per minute leaks 500 litres in a week.
- A leaky tap can also consume hot water, which is more expensive.
- A running toilet that leaks half a litre per minute wastes over 5,000 litres in a week.

Report leaking water fixtures as soon as you notice them. You can report a fault either by logging in to [OmaHeka Resident Portal](https://omaheka.fi) (omaheka.fi) or without logging in by using [an online form](#).

3

Do not run water unnecessarily

- Do not leave the tap running when you are not using the water, for example when brushing your teeth.
- If you brush your teeth for two minutes, you will waste 12 litres of water – more than a bucketful.

4

Dishwashers use 2–5 times less water than hand washing

- If you have a dishwasher, avoid washing up by hand.
- If you wash dishes by hand, wash them in the sink, not under running water.
- Avoid the unnecessary rinsing of dishes before putting them in the machine.

5

Wash full loads

Washing clothes uses cold water, because the machine heats the water it needs with electricity. However, you can save water by doing laundry wisely:

- Wash full loads in the washing machine.
- Air your clothes out and extend the washing intervals.
- Choose a shorter, cooler cycle for clothes that are not very dirty.

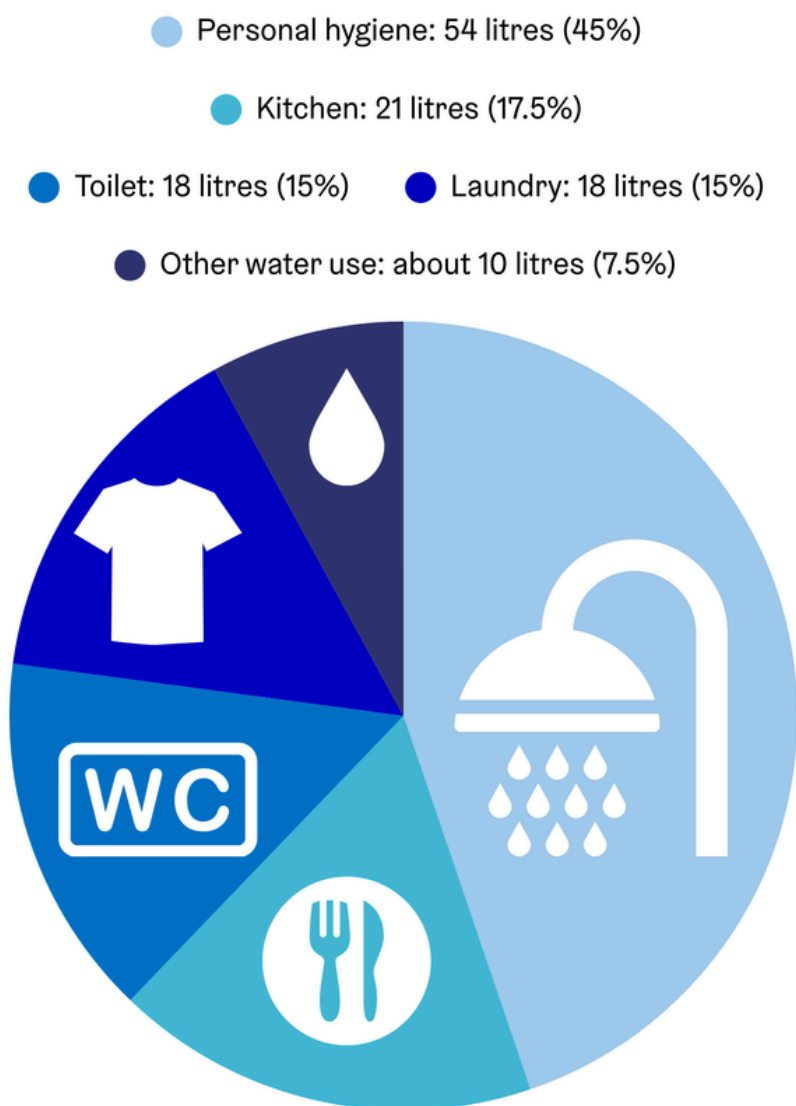
**Did you know that Heka's laundry rooms
are free of charge for residents?**

What is water used for?

According to a 2020 study, the average daily water consumption per person in blocks of flats and terraced houses is 120 litres per person.

Most of the water is used for hygiene, i.e. showers.

So, the biggest savings come from reducing your shower times.



Source: Kestävä veden käyttö -vedenkäyttöselvitys. Työtehoseura

Individual water consumption varies widely and can be influenced to a large extent. It is worth paying attention to how frequent and how long your showers are, and whether the water is kept running while not being used.

Savings can often be made quickly and easily.

A saving example

Saving water is not complicated. We use the highest amount of water in the shower, so savings made there will also have the biggest impact. The shower uses hot water, which also consumes heating energy. The price of hot water is about double the price of cold water.

For example, a family of three using 120 litres of water per person per day could save 1,800 litres of water per month by reducing shower times by two minutes per person.

Even if you do not pay for water according to usage, water consumption affects Heka's costs and, subsequently, the rents.



How much is one cubic metre?

The average daily water consumption of people living in blocks of flats and terraced houses is around 120 litres per person. That equals 12 full buckets of water. In a month, the water consumption is more than 3,000 litres, i.e. over three cubic metres. Would you be able to carry that amount from a well to your home?



1 cubic metre = 1,000 litres

