

Showerhead cleaning & descaling

Strip the scale and biofilm, then set a cycle that flexes with use and hard water.

Why it matters

- Showerheads hold warm water still, then spray a breathable mist
- Scale and biofilm shelter bacteria inside the head and hose

The job, in order

- ✓ Isolate the outlet; gloves and eye protection on
- ✓ Remove the head AND the hose — the hose is often worse
- ✓ Soak in descaler per instructions; brush spray holes clear
- ✓ Disinfect, then rinse to waste
- ✓ Refit, run to temperature, keep spray low
- ✓ Log outlet, what you found, next due date

Don't

- ✗ Skip the hose because the head looks clean
- ✗ Treat a clear sample as proof a furred head is fine
- ✗ Strip a head down with people in the room

How often

- Commonly quarterly (HSG274) — your risk assessment sets it
- Shorten on hard water or if scale returns fast
- Low-use showers also need flushing between cleans