

Ways to save water at home



Take a shorter shower

If you can reduce your shower time from 10 minutes to 4 minutes, you can save approx. 15,000 litres a year.

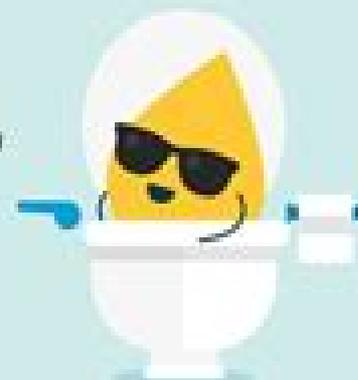


Fix leaking taps

A dripping tap can waste over 7,000 litres a year.

Dual flush

Only use the big flush when you need to. Using the big flush uses almost twice as much water as a small flush!



Leaky loo?

A leaking loo wastes between 200 and 400 litres a day.

Head on over to our Control programme to see how we can help.



Turn off the tap

Turning off the tap while brushing your teeth could save approx. 6,000 litres of water a year.



Wash full loads

Wait until you have a full load before using the dishwasher and washing machine, and always use the eco setting.

Waters That Save Us

Michael Hoelscher



Waters That Save Us:

Whispering the Techniques of Language: An Mental Journey through **Waters That Save Us**

In a digitally-driven earth wherever displays reign great and instant transmission drowns out the subtleties of language, the profound strategies and psychological nuances concealed within phrases usually move unheard. However, set within the pages of **Waters That Save Us** a interesting literary value pulsing with raw feelings, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, that enchanting opus invites readers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within ab muscles fabric of each and every word. Within the psychological depths of this touching review, we shall embark upon a sincere exploration of the book is primary styles, dissect its charming writing design, and succumb to the strong resonance it evokes deep within the recesses of readers hearts.

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web oct 24 2023 la escuela de espalda es un programa de tratamiento ampliamente instaurado en centros de salud y hospitales en el que se dan pautas de autocuidado a la población con el fin de mejorar la sintomatología y el manejo del dolor de espalda de origen inespecífico

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web escuela española de la espalda el dr mario gestoso abre consulta virtual ensocial doctor para estar más cerca que nunca de las personas que nos necesitan curso de higiene postural y prevención del dolor de espalda en escolares los escolares pueden desarrollar una serie de hábitos posturales potencialmente lesivos

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web el dolor de espalda constituye actualmente un problema de salud pública en general y laboral en particular como consecuencia de su elevada incidencia la repercusión funcional y la tendencia a la limitación que conlleva el alto grado de absentismo laboral que determina y los importantes costes sociales que tiene asociados