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## How to adjust shower temperature regulator

By Danielle Smyth Updated February 16, 2021 The only thing worse than a cold shower is a scalding shower. Sometimes caused by changes to the water heater, you may find yourself needing to adjust the shower control valve for warmer or colder water. How you adjust the temperature on a shower faucet depends on the shower's control valve. A pressure balancing valve, sometimes referred to as an anti-scald or mechanical valve, is the most common control valve in newer construction, Home Depot experts write. These valves use a system of pistons or diaphragms to rebalance hot and cold water to maintain even pressure and temperature. Common in older homes, mixing valves operate with a similar system. Using a hot and cold ratio, they balance the two water pressures against each other to create desired temperatures. However, mixing valves don't have temperature controls. This is why water sometimes turns scalding hot when someone flushes a toilet or runs the sink while you're in the shower. It throws the ratio out of balance. Thermostatic valves are other popular valves in newer homes, although they're more expensive than pressure balancing valves. In a thermostat mechanism, a dial on the thermostatic valve adjusts hot and cold water pressure. Many even allow the ability to control the water volume. To make these adjustments, you will need the following tools: a screwdriver or Allen wrench (depending on screws), a utility knife and small pliers. Before you begin to make adjustments to the shower's temperature regulator, lay a drop cloth over the dry floor of the bathtub or shower, ensuring that the drain is covered. This keeps screws from accidentally falling down the drain. To gain access to the shower temperature regulator, you first need to remove the shower handle. Examine the handle for visible screws. If you can't find any, they're most likely under a cap on the handle. Remove the cap and unscrew the handle from the trim plate. You may need to shimmy the handle off, then set the handle aside with its screws. You may need to remove the trim plate on some shower faucets to gain access to the valve. If this step is not necessary for your shower, skip ahead. Mr. Plumber writes that the trim plate, also known as the escutcheon, is the metal panel that surrounds the handle. Now that you've removed the handle, start removing the screws from the plate and lift the plate from the wall. If the trim plate sticks to the wall with caulking, cut away the caulking with a utility knife. Set the trim plate aside with its corresponding screws. Be careful not to confuse the screws and pieces with each other. Once the valve is visible in the handle, you may notice a red ring. (On certain pressure balance valves, the ring might be a different color, notes the team at Signature Hardware.) When it adjusts the temperature on a pressure balance valve, this ring is called a limiter ring. Remove the limiter ring by hand or with small pliers and rotate it in the desired direction. Then place it back on the valve. The ring indicates the temperature stopping point. On thermostatic valves, rotate the dial counterclockwise to increase temperatures and clockwise to decrease. Once adjusted, reassemble. Ensure that water temperatures don't exceed 120 degrees Fahrenheit to avoid injury from scalding water, writes an expert at the Wall Street Journal. Ideally, safe water temperatures for showers and baths should be around 112 degrees Fahrenheit. Things You Will Need Screwdriver or Allen wrench (depending on screws) Small pliers Utility knife (optional) Are you thinking about becoming a public adjuster? If so, you'll need a specific skill set to succeed in this line of work as well as the right education. Keep reading to learn about the job role of a public adjuster and how you can become one. Job Role of a Public Adjuster Once you become a public adjuster, you will spend your time evaluating property loss when an insurance claim is filed. You do this on behalf of the policyholder. In most instances, the policyholder will pay you a fee in exchange for your services. You must have the appropriate licensure to become a public adjuster. Much of the time, a public adjuster is hired to evaluate the value of a claim when the policyholder feels the claim amount determined by the insurance company isn't correct. As part of your job role as a public adjuster, you will fill out lots of paperwork and then present a claim to an insurance company. Your goal is to work in the best interest of the policyholder. You will spend much of your time finding evidence to support the claims you file. This often includes interviewing witnesses, obtaining police reports and getting copies of medical documents. Once the claim has been submitted to the insurance company, you then work to settle a negotiation. What Skills Does a Public Adjuster Need? To succeed in the role of a public adjuster, you will need excellent oral communication skills. In addition, it is imperative to have solid written communication skills as you will spend much of your time documenting the evidence you find and filling out paperwork for claims. Negotiation skills are highly valued in this line of work because it is your duty to get the best settlement for your clients. How to Become a Public Adjuster To become a public adjuster, you will need a high school diploma in the least. Many employers require a bachelor's level degree and, depending on the exact position and the state you intend to work in, you may need licensure. The process to become a public adjuster is mostly determined by the state you live in. Some states have a short process while others are quite lengthy. How Much Money Do Public Adjusters Make? According to Study.com, the median salary for a public adjuster is \$62,980. Those in this role may find employment under different titles, including claims adjuster, investigator or examiner. Between 2004 and 2024, the growth rate for this career field is expected to grow by three percent. Should You Become a Public Adjuster? If you're thinking about becoming a public adjuster, you will do well to perform lots of research. You can start this research online and look for employment opportunities near you. This will give you a clear indication of how difficult it will be to secure employment once you have obtained appropriate credentials to fill the role of a public adjuster. MORE FROM QUESTIONSANSWERED.NET Few things are more frustrating than looking forward to a warm, relaxing shower after a long day, and instead having to endure an oscillating stream of scalding and glacial water because something to do with the temperature is all messed up. But before you go tearing your shower head out of the wall and calling up a plumber, there are a few things you can do to hopefully get your water temperature back to normal. Here they are, per Paul Abrams, of Roto-Rooter, and Bailey Carson, of Handy, an online marketplace for cleaning, installation and other home services. Wait a While The most obvious cause of fluctuating water temperatures, according to Abrams, is simply "running low on hot water from the water heater." He says, "This happens if you're last in line for a shower at your house, or if you have an undersized water heater. One thing I learned at my in-laws' house is that my father-in-law likes to stick it to The Man and remove the water flow restrictor in the shower head, which means water is pushing through much faster than it's supposed to, and it quickly depletes the supply of hot water in the tank. When hot water starts running out, we users tend to turn the handle to a hotter setting in desperation, and we get very hot or very cold water and decreased bandwidth in the warm range." So, if someone showered before you, wait a little while so the water heater can fill back up. Adjust Your Mixing Valve/Scald Guard "In most instances, your scald guard — a plastic disk with notches — simply needs to be adjusted," says Carson. "To adjust the water valves and scald guard, the single handle can be easily removed by loosening the screws with a wrench and lifting from the faucet. You'll want to adjust the dial of the temperature controls accordingly to balance out the hot and cold water valves." You can see exactly how this is done, with two different kinds of knobs, in the videos below. Abrams warns, however, that you should take it slow when adjusting your scald guard, or else you could end up making the water temperature dangerously hot. "It's important to note that faucets are set at the factory to a safe setting to prevent scalding, which is especially important to remember if you have babies, children and elderly people in the house," he says. "This adjustment is the last safety device to prevent you from scalding yourself, and it was no doubt put in place after some expensive lawsuits were filed against faucet manufacturers. If you adjust this device, do so in one or two tiny increments at a time, then test the water temperature with your hand. Being a tough guy and pushing the setting all the way to the hot setting is a recipe for disaster, especially if your water heater is already set too hot — water heaters should be set to 120 degrees Fahrenheit, but many people crank them up much higher." Replace the Faucet Cartridge Altogether If, when you go to tweak the scald guard, you notice that the whole thing is looking worn down, you should probably go ahead and replace the whole cartridge. "With usage and time, these cartridges will fail," Abrams says. "If your shower has no warm range, but goes from very hot to very cold, it's probably time to replace that faucet cartridge. Many manufacturers guarantee their cartridges for life, and they'll ship you a new cartridge for free. However, switching out the cartridge isn't something every person is willing to try. Often, it's a simple job, but if the cartridge is crusted over with hard water deposits, or it's been in there for years, getting it out with a pliers can prove to be very difficult." So, if changing the cartridge yourself is too much trouble, as Carson says, "Let a professional handyman handle it for you." Which will be especially necessary if you did end up tearing your shower head out of the wall, after all.





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