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**LIA Lifestyle Instruction Aid**

**abc13. Safety Around Hot Tubs and Spas**

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**Drowning**

Always cover a hot tub when it is not in use. This will prevent small children from accidentally getting into the tub especially at night when you would not think they would be around.

**Children**

Children should not use a spa or hot tub unsupervised. Discretion is advised in allowing children to use spa and hot tubs at all. Young bodies may not adjust well to the high temperatures. If in doubt, check with your doctor. Spas or hot tubs are not designed for jumping, diving or underwater swimming.

**Elevation In body Temperature**

Water temperature should not exceed 104 degrees Fahrenheit or 40 degrees Celsius in order to prevent elevation of body temperature and the temperature of internal organs past safe limits. Keep a thermometer in the spa or hot tub to monitor water temperature. Soaking too long can make people light-headed or faint. Never soak for more than 15 minutes per hot tub visit. Leave the hot tub or spa, cool your body temperature down and then slowly return for another brief soak.

**Fluid loss and Dehydration**

Drink non-alcoholic fluids to replace fluids that are lost due to sweating. If you are faint when you stand up in a hot tub then sit back down, then get out of the tub and ly down as you sip on fluids. Do not under any circumstances try to pour fluids down the throat of someone who has fainted.

**Health Risks**

Soaking in a hot tub can be most wonderful. Hot water can be soothing. However, there are health risks. Persons with heart disease, diabetes, high or low blood pressure, or any serious illness, should not enter a spa or hot tub. Persons with skin, ear, genital, or other body infections should not enter the hot tub or spa because of the possibility of spreading the infection.

**Pregnancy**

Pregnant women cannot regulate the temperature of the baby inside them when immersed in very hot water. High temperature can be devastating to a developing baby. Pregnant women should avoid very hot water. They should also avoid very warm water for long periods of time.

**Drugs and Alcohol**

Alcohol in your blood stream and soaking in the tub create a combined effect that can be leepiness, drowsiness, or raise or lower blood pressure. With any drug or medication, consult your doctor about potential harmful effects from combined drug use and hot water soaking.

### **Be Cautious**

Do not try to adjust or touch equipment such as pumps, heaters, or propane tanks or equipment associated with the hot tub or spa.

### **Food and Drink**

Establish an area away from the hot tub or spa for refreshments to prevent accidental slips or falls caused by spills near the hot tub or on the deck.

### **Bare Feet**

Use only unbreakable dishes, beverage containers, and utensils. Never use glass anywhere near the spa or hot tub. Broken glass is invisible in water and extremely difficult to get out of the support system.

### **Lighting**

Provide ample lighting around the hot tub or spa.

### **Lightning**

If your hot tub or spa is outdoors, stay out of it during lightning or rainstorms because of the possibility of electrocution from lightning hitting the water.

### **Electrical Shock**

Water is an excellent conductor of electricity. Electrical shock or electrocution can occur in a spa or hot tub if live electrical current (including current from a telephone) comes into contact with the water. Keep electrical appliances a significant distance from the spa or hot tub. Don't use extension cords. Use a ground fault circuit interrupter (GFCI) on any appliance that must be near the spa or hot tub. Where possible, use battery operated appliances around the spa or hot tub. Electrocution from appliances and telephones in contact with water is a real danger.