

# Hot Tub Safety

Many people use hot tubs, whirlpools and spas for relaxation and fun. However, few realize that hot tubs can lead to serious injuries if not used safely. Hot tub owners and parents should take proper safety steps to protect children from hot tub-related injuries.

## How Do Hot Tub Injuries Occur?

- Sinking under the water can lead to drowning.
- Jumping and diving into the hot tub can result in fractures and head injuries.
- Slipping and falling in or around the hot tub can cause deep cuts and bruises.
- Staying in the hot tub for too long can lead to an increased body temperature and overheating.
- Water that is too hot can cause burns.
- Drain suction that are not properly covered can lead to entanglement, body entrapment, and drowning.

## Who Should Avoid Hot Tubs?

- Infants and children
- Pregnant women
- People with certain medical conditions such as diabetes, high or low blood pressure, and heart problems
- People taking certain prescription medications

## Hot Tub Safety Tips

- Keep hot tubs covered and locked at all times when not in use.
- Install a fence around the hot tub area.
- Place slip resistant mats in and around the hot tub.
- Do not let children run or play near the hot tub. The surface might be slippery, leading to slips and falls.
- Adults should spend no more than 10-15 minutes in a hot tub. The water temperature should be no higher than 104 ° F.
- Prohibit jumping and diving into the hot tub.
- Cover suction drains with covers that meet required standards.
- Keep all chemicals and cleaners locked out of reach of children.