



Aquatic Consulting Services

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Pool Tip #4: Spa Safety Tips

There are many psychological, physiological, and therapeutic benefits associated with soaking in warm water spas, however some individuals should be discouraged from using spa facilities.

Pregnant women, particularly in the first tri-mester of a pregnancy; persons under the influence of drugs or alcohol, especially those taking prescription or non prescription drugs that cause drowsiness; persons suffering from heart disease, diabetes, blood pressure or circulatory problems, or taking medication to control those problems; individuals with Multiple Sclerosis; and small children should only use spas in certain circumstances with the consent of their medical doctor, and for a limited amount of time.

Individuals who fall into the above mentioned categories should be warned of the dangers of prolonged immersion at elevated temperatures. Drowsiness, elevated blood pressure, dehydration, hyperthermia, and failure to heed warnings or take appropriate precautionary measures while using a spa, can lead to drowning, fetal brain damage, slips-and-falls, suction entrapment, accidental electrocution, and disease transmission.

Unsupervised small children should never be permitted to use a spa. Health codes in some locations and some organizations, prohibit public spa use by young children entirely, and some restrict spa usage to children over 14 years of age unless accompanied by a responsible parent. Enthusiastic, curious and normally active children are more at risk of being injured while in a spa than are members of the more sedentary general adult population. In their playful enthusiasm, many children have been injured from falls, from pulling heavy objects or electrical appliances into the water, and from suction entrapment accidents while in spas. Because of their relatively small size and skin surface area, a child may overheat very rapidly and suffer damaging effects from hyperthermia.