



## Hot Tub Safety: 12 Safety Tips for You and Your Family in the Spa

These simple spa safety tips could save a life. Please read and share this guide.

### 1. Regular Professional Spa Check-ups

Once a year, have a professional check your spa or hot tub and make sure it is in good, safe working condition. Make sure that drain covers are in place and not cracked or missing.

### 2. Spa Water Temperature

Soaking in water that is too hot – or soaking for too long – can be unhealthy and even dangerous.

Use common sense and follow these basic guidelines:

- 104° F is the maximum safe water temperature for adults. ([The National Spa and Pool Institute](#))
- 15-20 minutes is generally considered a safe soaking time for adults.
- Consult with your family doctor before allowing children or infants in your tub.
- Persons with heart disease, diabetes, high blood pressure, or any other serious illness should not enter a spa without first consulting with a physician.
- Keeping a floating thermometer in the water is a good idea, especially if your spa does not have a digital temperature readout indicator.

### 3. Spa Water Balance & Sanitizing

Simple. Don't go in a tub that looks funky. Chances are that the tub has not been regularly or properly sanitized, and may be harboring harmful bacteria.

As for your own tub:

- Make sure to keep the [sanitizer](#) level adequate to keep the water free of microorganisms.
- Maintain the Total Alkalinity (TA) and pH for proper water balance.



- Regularly [shock](#) the water.

#### 4. Children and Infants

These should be common sense, but just in case...

- NEVER allow children to use a spa without adult supervision!
- NEVER, EVER leave children unattended in hot tubs, spas or pools!
- NEVER, EVER allow children to play underwater in a spa! If a child gets their hair tangled in a drain cover or jet, they could easily drown – whether you are right there with them or not. Think about that.
- Smaller children and infants should be introduced into the hot tub or spa slowly. Give them time to adjust to the temperature change and to alleviate fears they might have.

#### 5. Pregnancy

Simple. Pregnant women should not enter a hot tub or spa without first consulting with their physician.

#### 6. Chemicals & Spa Supplies

Keep your [spa chemicals](#), [test strips](#), [spa cleaning supplies](#) and related stuff in a cool, dry, and well ventilated location, away from direct sunlight and out of the reach of children!

Do NOT mix dry chemicals prior to adding them to the water. Un-dissolved granules of chemical can damage your spa shell/liner. Always mix chemicals in a bucket of clean water and then add them to the tub water.

#### 7. Alcohol and Drugs

Hot water amplifies the effects of alcohol and certain drugs, and the result can be dangerous. Consult your doctor regarding the use of prescription drugs, and take it easy on the booze while in the tub.

#### 8. Power Cutoff Switch

The National Electrical Code requires the installation of an approved manual disconnect device for your hot tub be located at least 5 ft. away, and within line of sight of the spa for safety. Make sure that your hot tub's electrical system is properly wired, grounded, and protected by a [GFCI](#).

#### 9. Electrical Devices

More common sense stuff here folks...

- NEVER handle any corded electrical device while you are in or around a spa or pool!

- NEVER place electrical appliances on the spa edge. If an electrical appliance should fall into the water, electrocution could result!!

## 10. Spa Cover

- ALWAYS use a [LOCKED](#) safety cover when the spa is not in use.
- Keep young children away from spas unless there is constant adult supervision.
- Make sure that the spa cover straps are tight enough to prevent a child from slipping under .
- Replace your [spa cover](#) if it is in poor condition.

## 11. Safety Rails & Steps

- While not a necessity, a set of sturdy [spa steps](#) and/or a handrail make getting out of the tub (with wet, slippery feet) much easier and safer. Consider adding one or both to your spa.
- Keep dry towels handy for feet and hands by installing a towel bar.
- Non-skid surfaces around the parameter of the spa are a good idea.
- Serve snacks and drinks in PLASTIC containers to avoid the possibility of broken glass.

## 12. The More... The Merrier

- Tubbing with more than one is always more fun!
- If someone has a problem while in the tub, there is someone else there to help them.
- ALWAYS have an adult in or next to the tub when children are in the tub.

Remember, our tips are only a start. Safety in the hot tub begins and ends with common sense. Be careful in and around your spa – and happy tubbing!

### About CNY Hot Tubs

CNY Hot Tubs is a family owned and managed small business located in Lansing, NY. We have been serving the Central New York area since 1997 and have been making our customers happy via our online store since 1999.

We stock a huge selection of hot tub parts, supplies and chemicals for all makes and models - and specialize in [Emerald Spas](#), [Softub](#) and [Saratoga Spas](#). We are hot tub enthusiasts ourselves, realize how important your hot tub is to you, and want to make sure you are using the right products for your spa!