

BENEFITS OBTAINED

Stress Relief

Chill in a hot tub—
the perfect antidote to a stressful
life!

Help for Insomnia

A Dip a Day keeps
Insomnia Away!

Promotion of Healing

Hot water cleanses the body and
promotes
natural healing

Pain Relief

Just like having your own personal
masseur!

Entertainment

It's just good fun!

HOT TUBS



Have lots of fun safely!



Hot Tub Information

*Additional Health and
Safety Notes on
Using your Hot Tub
with Children*

07785 758375

Keeping Children Safe in the Hot Tub

Never allow children to use the Hot Tub unsupervised. If you allow them to go in by themselves, be sure that you can see what is going on at all times and also be in a position to react quickly should the need arise.

Never allow children to stand on the edge of the hot tub as it is quite easy to slip and fall in



Children should not put their heads under the water because of micro-organisms, which can flourish even in the most well maintained hot tubs. Ducking the head beneath the water can expose the eyes, ears and upper respiratory tract to these resistant germs which in turn can cause infection and illness.

It is important that strict limits are placed on the time that children are allowed to stay in the hot tub. The smaller bodies of children will heat up faster than adults which can raise their internal body temperatures to dangerous or even fatal levels very quickly. Ten minutes at a time for small children is enough

Children should really be tall enough to stand on the bottom of the Hot Tub with their heads completely out of the water

A hot Tub is not a swimming pool and it has additional dangers posed by its design and intent.

Entrapment, injury or a rise in body temperature can all happen when children are allowed to "play" in hot tubs

