



# POSITION STATEMENT

Practice Statement  
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## TOPIC: WHIRLPOOL CLEANING AND SAFETY

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### Preamble:

Hot Tubs and Whirlpools provide a good source for bacterial growth. Therefore it is important to ensure that this type of equipment is cleaned and maintained in optimal condition. The following is intended to guide your practice on maintaining this equipment.

### Definitions:

1. Hot Tub<sup>1</sup> – type of whirlpool that
  - a) is not drained, cleaned or refilled before use by successive users, and
  - b) utilizes hydrojet circulation, air induction or hot water or any combination of them.
  
2. Arm/Leg whirlpool – free-standing tub for single extremity submersion, typically stainless steel with an external jet. Includes whirlpools:
  - a) drained after each use
  - b) not drained after each use

### HOT TUBS

- Free available chlorine (FAC) level of water should be maintained between 1.0 to 5.0 mg/liter (ppm) at all times. Disinfectants (as per manufacturer's guidelines) should be automatically added to the water through a chlorination device, not added to water manually.
- The pH of the water should be maintained between 7.2 and 7.8 at all times.
- The water should be tested by an accredited laboratory every three months, to ensure that the water is free of Pseudomonas and total coliform bacteria. The results should be kept on file.

<sup>1</sup> The Public Health Act: Swimming Pools and Other Water Recreational Facilities Regulations (2000)

**A Position Statement is a formal position of the College with which members shall comply.**

- There should be a log book kept to record all water conditions on a daily basis. Things to be recorded: free available chlorine, pH, temperature, bacterial test results, when pool cleaned and who cleaned it, routine maintenance, etc.
- There should be a device installed to limit the water temperature to no more than 40°C/104°F.
- Long hair should be restrained at all times when in the pool.
- There should be a first aid kit on the premises and someone should be trained in first aid procedures.
- There should be a phone located nearby. If patients are left unattended for any period of time, no matter how long, there should be a signaling device (i.e. bell) that they can ring to alert staff of any problem.
- Adequate lighting required above hot tub.
- There should be an emergency switch installed to shut off the pumps should clothes or hair become entangled in the water recirculation system.
- If stairs or a ladder are used to enter and exit the pool, the stair treads or ladder rungs should be covered in a non-slip, durable material impervious to moisture, from 2.5 to 5 cm wide, in a contrasting colour.

## **ARM/LEG WHIRLPOOLS**

At a minimum, whirlpools should be cleaned before use in the morning and after the last client's use of the day. In regards to frequency of whirlpool cleaning, each facility should consult their appropriate infection control agency.

The cleaning procedure should be as follows:

- Drain and disinfect
- Disinfectant should be run through the jets and hosing, as per manufacturer's guidelines
- Surfaces should be wiped dry at the end of the day
- Fill with clean water in the morning
- The recommended products for disinfecting are
  - i) Quaternary Ammonium products
  - ii) Accelerated Hydrogen Peroxide Class disinfectants

See Appendix A:

Resources for water testing laboratories and Public Health Offices in Manitoba.

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**Appendix A:**

The following two laboratories test water for the presence of Pseudomonas and total coliform bacteria:

Enviro-Test Laboratories  
745 Logan  
Winnipeg, Manitoba R3E 3L5  
Phone: (204) 945-3705

EPS Environmental Services Ltd.  
F-1420 Clarence Avenue  
Winnipeg, Manitoba R3T 1T6  
Phone: (204) 254-1825

Operators of hot tubs can contact a public health inspector if there are additional questions.

Brandon	726-6060
Dauphin	622-2126
Flin Flon	687-1625
Killarney	523-5285
Lac du Bonnet	345-1486
Selkirk	785-5033
Steinbach	346-6064
Swan River	734-6774
The Pas	627-8248
Thompson	677-6472
Virden	748-2321
Winkler	325-1754
Winnipeg (inner city)	986-2443
Winnipeg (suburbs)	945-7100

**This information contained in this Position Statement may be time limited. Persons referring to this information more than three (3) years from the date of publication should contact the College of Physiotherapists of Manitoba to confirm that the information is current.**