



10 WAYS YOUR HOMES
BATH TUB
IS ENDANGERING
YOUR HEALTH

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10 Ways Your Home's Bathtub is Endangering Your Health

When you think about the ***adverse health reactions*** you may experience due to your home, you likely think along the lines of the resulting impacts of natural disasters, carbon monoxide poisoning, exposure to lead paint and/or asbestos, and maybe even exposure to mold and mildew.

Chances are, you NEVER consider the fact that your BATHTUB poses many DANGERS.

Yes, there are issues surrounding a bathtub that **COULD** be at the forefront of your mind. Examples include:

- *Slips*
- *Trips*
- *Falls*
- *Burns*

Drowning may even come to mind; however, that is usually quite rare – **UNLESS** you have a child or a small pet in the home. Then, **YES**, the **risk of drowning is drastically increased**.

The truth of the matter is... a bathtub in the home poses even **MORE DANGERS** than slips, trips, falls, and burns - even though that rank high on the list of **POSSIBLE DANGERS** of bathtubs.

Every homeowner should know and understand **ALL** the risks that they face within the home.

That is the purpose and intent of this special report – to increase awareness of the dangers that surround your bathtub. By learning this information **TODAY**, you can take the steps necessary to protect you and your loved one for all your **TOMORROWS!**

Given the URGENCY of this information, let's just jump right in....

1: Polyester Resin in Fiberglass

If the bathtub in your home is lined with acrylic, it will have a protective shell of fiberglass. The fiberglass placed on the outer region of the bathtub (which is the area

that comes into contact with the body) has a ***highly toxic element***. That is, polyester resin. This type of resin has a styrene carrier that releases dangerous materials into the air. In fact, these materials are much stronger than that of volatile organic compounds (VOCs). If exposed, you may suffer from the following:

- *Irritation of the Nose, Eyes, and Throat*
- *Nausea*
- *Coordination Problems*
- *Headaches*
- *Adverse Skin Reactions*
- *Fatigue*
- *Damage to Internal Organs*
- *Cancer*

2: Lead Poisoning

According to studies, ***approximately 62% of all porcelain-based bathtubs within the United States contain traces of lead that transfer to bath water when the tub is in use.***

In the past, manufacturers often used lead to create the glaze for the bathtub. While there have been recent cases of lead being used during the manufacturing process, it is not as common as it once was. In fact, bathtubs in homes have only recently been identified as a new source of lead poisoning. If lead poisoning occurs, most damage is untreatable and irreversible; however, in the earliest stages, the removal of the culprit may resolve the issue. Signs of lead poisoning include the following:

- *Gastrointestinal Upset and Pain*
- *Weight Loss*
- *Muscle Pain*
- *Anemia*
- *Hyperactivity in Children*
- *The Development of Learning Disabilities in Children*
- *Convulsions*

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3: Rust Exposure

Rust has the potential to develop on steel enamel bathtubs and those composed of cast iron. It is usually **NOT** an issue with fiberglass bathtubs or those constructed of plastic – unless, of course, the faucet or other metal components are experiencing degradation. In this instance, rust exposure through the means of the faucet or related metal components may still occur – just not at as high of a level. **The main threat of rust exposure is the fact that lead exposure may occur.** In turn, lead poisoning may develop. Other issues associated with rust exposure through the bathtub include:

- *Moisture is Eliminated from Scalp Which Causes Dry, Brittle Hair*
- *Darkening of Light Hair and Orange Tint to Hair*
- *Dry Skin*
- *Increased and Earlier Wrinkling*
- *Clogged Pores and the Development of Acne*

4: The Development of Mold and Mildew

Your bathroom is an area that is exposed to a high influx of humidity on a daily basis. Because of this fact, it is a **PRIME LOCATION** for the development of mold and mildew. Look around the bathtub, the grout of tiles, and the caulk-lines...you would like to observe it for yourself. It can also lurk **BEHIND** shower walls, underneath the bathtub, and around faucets. While opening windows, having a fan installed, and having a dehumidifier **WILL** help, it is best to have a new bathtub unit installed – ensuring complete elimination of mold and mildew prior to installation. Exposure to mold and mildew may result in the following:

- *Congestion of the Nasal Cavity*
- *Lung Congestion*
- *Irritation of the Eyes*
- *Sneezing*
- *Coughing*

- *Sore Throat*
- *Irritation of the Skin*
- *Fatigue*
- *Headaches*
- *Asthma*
- *Respiratory Infections*

5: Soap Scum Accumulation

While neglecting to clean and care for a bathtub makes for an unsightly appearance, it can have a direct impact on your health through the accumulation of soap scum. The bathroom is considered to be the main location in the home for unintentional injuries – such as slips, trips, and falls. If soap scum has accumulated, it increases the chance for these situations to occur. In addition to this, the bacteria contained within the soap scum may be **DANGEROUS for people with compromised immune systems, those with open wounds, on chemotherapy, and those that suffer from skin irritations due to diabetes and other conditions.**

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6: Decreased Blood Pressure

If you have your water heater set too high or your bathtub has a faulty faucet that results in excessively hot water to flow into your bathtub, it could result in exposure to water that is too hot. While this is an issue in and of itself, did you know that water that is **TOO HOT** could result in a **DECREASE OF BLOOD PRESSURE?** While this may sound good, it is bad for those that already have low blood pressure. The hot water causes dilation of the blood vessels. This – in turn – causes blood pressure to lower significantly. **The pressure also increases your heart rate.** Symptoms of significant blood pressure drops include:

- *Dizziness*
- *Becoming Lightheaded*

- *Blurred or Fading Vision*
- *Mental Confusion*
- *Weak, Rapid Breathing*
- *Fainting*

7: High-Step Entrance

In most instances, bathtubs have a high-step entrance. That is because the wall of the tub must extend high enough to accommodate both the water and an individual during bathing. The truth of the matter is, though, this “high-step” could result in a trip and/or a fall. ***Falls are not just an inconvenience; they could result in serious injuries and even be potentially life-threatening.*** In the United States alone, **1 PERSON DIES EACH DAY BY USING THEIR BATHTUB.** With this in mind, it is best to have a walk-in bathtub installed. This avoids the risk of the high-step entrance fall and also allows you a higher level of control while entering and exiting the bathtub.

8: Pooling Water

If your bathtub is old, faulty, poorly installed, or not situated properly in the room, water will overflow from the product and end up pooling in your floor. Nearly 250,000 people slip on these pools of water a year. Approximately 35% of all elderly who slip on these pools and fall are admitted to the hospital afterwards. **You can avoid accidental slips, trips, and falls by simply having a new bathtub installed that works to prevent pooling water in the bathroom.** There are many makes and models available that are designed, built for, and installed to ensure no accidents occur.

9: Inaccessible Shower Heads

Many people – particularly the elderly – ***strain and contour their bodies in unusual ways because of the fact that their bathtub has an inaccessible shower head.*** That is, one that stays in one position and is not designed for movement or comfort. As a result, many injuries occur while attempting to utilize these products. The solution? **A**

specialized, multifunctional handshower that may be used both during bathing and during showering.

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10: Lack of Safety Equipment

Finally, the lack of safety equipment may endanger your health and safety while using the bathtub of your home. If you have an old tub, chances are, there are no safety features or enhancements installed. **This can be quickly resolved by simply having an accessible bathtub put into the home.** These include features such as the walk-in bath option, low step-ins, multifunctional handshower devices, fast drain technology, easy-to-grip handrails, and exterior side frame handrails.

There you have it...10 ways your bathtub is ENDANGERING your HEALTH.

Now, what?

Now, you contact us here at **Southern Industries Home Improvements**. We will work closely with you to identify your needs and desires – in terms of your bathtub. Our features include:

- *Low Step-Ins*
- *Multifunction Handshower Units*
- *Hydrotherapy*
- *Air Jets*
- *Walk-In Bathtubs*
- *Fast-Drain Technology*
- *Heated Surfaces*
- *Handrails*
- *Interior Bars*
- *Exterior Frame Handrails*
- *And, MORE!*

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