

## Keeping Showers Safe for Children

Showers have always been the quickest way to a wash, providing savings on two precious commodities, time and water. In many households, showering is the only option with no space for a bath, which can pose a problem when looking for ways to keep your children clean. Whilst they may be seen as a place of fun and excitement the shower can pose a hazard, as accidents happen very quickly.

For this reason it is always essential that children are supervised and remain safe, with the following hints and tips serving as a reminder to ensure you don't become a statistic.

### Should Children Use Showers?

Showers can pose numerous hazards and as with everything in life you have to question whether it is safe enough for your children to use them. Some however would argue that a shower is no less safe than that of a bath where hazards include slipping, scalding and drowning, a valid point. Some children dislike showers due to the water spraying into their eyes and therefore opt for a bath to avoid this. Whilst many households can way up both sides of the argument and make a decision when it comes to bath time, there are many households who simply don't have the space for a bath and therefore must tackle showering. Either way it is important you do everything possible to keep your children safe as bath time should be fun and not over shadowed by the potential hazards.

### The Essential Rule for Children

Supervision is the key to safety in ensuring that children are supervised at all times where you should actually be in the shower with your child, rather than just watching them from outside, wherever this is possible. If you are there with them then you can control the situation to ensure that they have fun, wash and most of all stay safe by controlling the water flow and temperature. Most important of all is that if you are with them then they can't slip. Be sure not to leave your children unattended at any point, not even for a split second to grab a towel, as it only takes a second to have an accident.

### Slippery Shower Trays

Shower trays are renowned for being slippery, especially if they are made with a smooth-floor design. They become even worse when you start using your shower products such as shampoo and shower gel and potentially an accident waiting to happen for a small child. The easiest and most cost effective solution to this problem is to buy a rubber mat for use in the shower enclosure to prevent any slips and falls, providing they stay standing on it. In order to ensure they do there are plenty of colourful designs and patterns available in the market to make showering that little bit more fun.

### Scalding Water

Older showers can be incredibly temperamental, with water temperature fluctuations. This can be as a result of the shower or in most cases due to the central heating system where someone flushing the toilet can result in you receiving a huge shock in the shower. The best type of showers to buy are those that are thermostatically controlled therefore should the cold water pressure reduce the hot water pressure will automatically be reduced in a bid to maintain your desired temperature, as those nasty shocks are not good for adults, let alone children. Many showers also provide a locking mechanism providing a maximum temperature of 38 degrees which is great for children, whilst many [electric showers](#) now come with automatic shut off valves.

Children's skin is 15 times more sensitive than an adult's, therefore they scald much more easily. It takes just five seconds for a toddler to suffer 3rd degree burns from water at 60°C which is incredibly fast. To prevent any problems occurring where a thermostatic shower is not in operation you can adjust your boiler thermostat to keep the water below 46°C.

## About the Author

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