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SPLISH, SPLASH! HAVE FUN IN THE BATH!

Have Some Clean, Safe Fun in Your Tub...No Matter What Your Age

North Olmsted, Ohio ...Bath time should be fun time no matter what your age. Bubbles help get you clean, while the warm water soothes sore or tired muscles and joints. But accidents in and around the tub will spoil even the most relaxing soak. So be sure to incorporate some age-specific upgrades for safe, splish-splashing for years to come.

Five and under

Scalding bath water can cause serious burns for children under five so don't forget to check the water temperature. Affordable products like the Munchkin White Hot Super Safety Bath Ducky, available in hula girl and firefighter characters, have a built-in indicator to notify you when your child's bath water gets too hot – greatly decreasing the risk for burns.

Slips and falls are another common children's bath hazard. The slippery tub surface, combined with a toddler's unsteady footing, can be a dangerous combination. Secure your child's footing and add some fun to the tub with Home Care™ by Moen®'s Decorative Treads. Let your child pick their favorite shape – stars, fish or shells.

20s and 30s

With the average American woman having her first baby at age 25, young women need to consider bath safety for themselves as well as their unborn child.

Medical experts agree – it's perfectly okay for an expecting mom to take a bath, provided she take some simple precautions, especially in the last trimester. During this time, a woman's center of gravity is out of balance, making her more prone to slips and falls. For expectant

mothers who don't want to give up their bubble baths, an ideal device is the Locking Dual Tub Grip from Home Care by Moen. This product secures easily to the side of the tub and features handles at two levels, one to help get into the tub and one to assist rising from a relaxed position.

As with children under five, the temperature of the bathwater is important to consider as well. Very hot water can cause the body temperature to rise, potentially causing problems for a developing baby, particularly in the first trimester. A simple thermometer should be able to give you a clear reading to ensure the water isn't hotter than 100 degrees.

40s and 50s

During these years, stress and obesity are adults' biggest problems. Stress both at work and in the home contributes to loss of sleep, poor diet, and general weight gain. If you fall into the overworked, overweight, or overstressed categories, reward yourself after a hard day of work or an intense workout with a relaxing soak in the tub.

For hard-working forty and fifty-somethings, the most important aspect of the bath should be stress relief. Try unwinding with a bubble bath and a massage. The Pause Control Handheld Shower has multiple functions including pulsating or gentle massage settings to help you pinpoint and soothe aching muscles and joints. Sit back and relax.

60-plus

As you age, your body is more prone to aches and general ailments such as arthritis, osteoporosis, and diabetes. Don't let pain get the best of you – soak it away. To help you get into the tub safely, consider adding a dual tub grip as well as grab bars.

Home Care by Moen has proven that safe can be stylish with new SecureMount™ Grab Bars. Available in designer styles and popular finishes such as Old World Bronze and Brushed Nickel, these grab bars provide a coordinated upscale look. Best of all, with the new SecureMount Installation System, the grab bars can easily be installed into any type of wall surface safely and securely.

So what are you waiting for? Fun and relaxation is just a bathtub away. And by incorporating these age-specific tips, you can experience a relaxing soak safely for years to come.

For more information on the Home Care by Moen line of bath safety products, visit www.homecare.moen.com or call toll-free (800) 882-0116.

All items from the Home Care by Moen line of bath safety products are available nationwide at select retailers such as Lowe's and Menard's or at select home health and medical suppliers.

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