



# Body and Beauty Art

## Cleaning & Disinfecting Foot Spas/Baths

### What is the Health Risk?

Foot spas have been linked to outbreaks of skin infections. These outbreaks have been associated with exposure to a Mycobacterium found in many foot spas. Risks to clients can be reduced by following the required process for the cleaning and disinfection of a foot spa.

### Simple Basins, Non Circulating Basins

#### After each client:

1. Wash and scrub the basin with soap and warm water.
2. Rinse with clean water.
3. Disinfect the foot bath with an intermediate level disinfectant, such as 2 tsp of bleach with 2 cups of water allowing the disinfectant to contact the surface for a contact time of 10 minutes.
4. Drain the basin and rinse with clean water.

**Note:** A single use disposable liner may also be used; however the basin must still be cleaned and disinfected at the end of each day.

### Whirlpool Foot Spas, Air-Jet Basins, "Pipe-less" Foot Spas, and Other Circulating Spas

#### After each client:

1. Scrub the foot spa with soap and warm water and remove any debris.
2. Fill the foot spa with soap and warm water to above the fill line and turn on recirculation system.
3. Rinse with clean water.
4. Fill the foot spa with an intermediate level disinfectant, such as 2 tsp of bleach with 2 cups of water. For example, a 20 L foot spa would require 400 ml of bleach.
5. Turn on the recirculation system and allow the disinfectant to run through the throne for 10 minutes.
6. Drain the foot spa and rinse with clean water.

#### At the end of the day:

1. Remove the filter screen, jets and all other removable parts and clean out any debris trapped behind them.
2. Clean the screen, jets and other removable parts with soap, water and a brush to remove all debris and then replace them back in the foot spa.
3. Fill the foot spa with water and 2-3 tablespoons of low sudsing detergent and turn on the re-circulation system. Allow it to run for 5 minutes.
4. Drain and rinse the spa again, refill the spa with an intermediate level disinfectant, such as 2 tsp of bleach per 2 cups of water.
5. Turn on the re-circulation system and allow it to run for 10 minutes.
6. Drain the foot spa and rinse with clean water.

### Additional Requirements:

- Keep a log book of when and who disinfected each foot throne.
- Mixing bleach with other cleaning agents may result in the formation of toxic vapours and reduces the effectiveness of the bleach.

Source: Ministry of Health and Long Term Care, Infection Prevention and Control Best Practices for Personal Services Settings, January 2009.

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