

SAUNA EVALUATION GUIDE

References:

COMNAVMED P-5010-2
NFPA S&D 70
BIPERSINST 1710.20

A. Requirements:

1. Are the heating elements guarded? (Yes No)
2. Are sauna baths maintained at a temperature of not more than 200F? (Yes No)
3. Can patrons see a clock so they can comply with time-occupancy requirements? (Yes No)
4. Are light fixtures suitable for damp locations? (Yes No)
5. Is an instruction sign posted outside each sauna bath to inform patrons of the facility's proper use and hazards? (Yes No)
6. Are health of patrons and temperature readings verified on a regular schedule; e.g., hourly? (Yes No)
7. Are emergency alarms installed for patrons to signal if help is needed? (Yes No)

B. Recommendations:

1. Do the instructions for closing the facility include the inspection and shut-off of electrical and steam heaters? (Yes No)

2. Are the facilities vented to the outside of (Yes No)
the room?

3. Are on/off control switches and valves (Yes No)
accessible only to facility employees?