SAUNA

Read this
before you go in



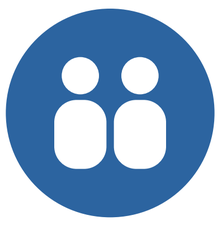
No alcohol or drugs.

Not before, not during.



Dizzy, sick or sleepy?

Get out. Stand up slowly.



Don’t sauna alone.

Tell someone when you go in.



Children only with an adult.

Heater, stones and metal burn.



Wet floor. Step down slowly.

Benches get slippery too.



Out after minutes.

Cool off and drink water.



Pregnant, ill or on medication?

Ask a doctor first. Medicine patches too.



Nothing on the heater.

No towels, clothes, paper or bucket.

EMERGENCY: CALL 911

Address

Fill in the boxes on screen, your emergency number included, then print at full size. Every line is at least 5/8 inch tall, the ADA height minimum for a sign hung 40 to 70 inches up and read from within six feet. Hang it outside the door. It doesn’t replace a notice your code requires. In US apartments and condos, ask a lawyer before posting the children line. Free to copy, translate and change. SaunaNews.com