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# Kits at Home Information Pack



Birthing Kit  
Foundation  
Australia

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# Thank you for supporting Kits at Home

When you help us to pack kits at home, you are giving pregnant women the gift of health and hope. Assembling birthing kits is a rewarding experience for everyone involved and an ideal learning opportunity for children and teenagers.

Our kits are provided free to mothers or health centres in remote communities across the globe, helping to reduce infection and improve the well-being of mothers and babies. Your support of our program changes and saves lives.

## What's in a Birthing Kit?

- One black plastic sheet: 1 metre x 1 metre (standard birthing kit) or if you are packing Earth Kits , one green plastic sheet at 1 metre x 1 metre
- Soap: One piece of wrapped soap per kit.
- Gloves: 2 gloves per kit (1 pair)
- String: 3 x 24cm lengths per kit.
- Scalpel blade: 1 wrapped sterile blade per kit.
- Gauze : 5 squares

If you are packing Standard Birthing Kits, all of these items get placed into the small ziplock bag provided with your kit supplies.

If you have opted to pack Earth Kits, these items go into the larger, biodegradable bag provided with your kit supplies.



# Steps to Get Involved

## STEP 1

Register your "Kits at Home" activity via the BKFA website. As soon as your donation is received by our team, kit supplies and instructions will be sent to your nominated delivery address. NOTE: We cannot deliver to PO Boxes.

[>> COMMUNITY GROUPS >>](#)

[>> INDIVIDUALS AND FAMILIES >>](#)

## STEP 2

Read the instructions and tips in this "Kits at Home" Information Pack to prepare for your activity. We also have a range of video resources to help.

## STEP 3

As a registered "Kits at Home" participant, our team will add you to our new digital "Kit Community", a special platform we have developed to keep our volunteers connected and inspired. We will also be creating and uploading a range of support resources like videos and blogs. NOTE: You are able to opt out at any time.

## STEP 4

Once you have taken delivery of your kit supplies and you have followed our hygiene instructions in preparation for your activity, get packing! And when you are finished, follow the instructions to ship the kits back to our warehouse ready for distribution to mothers around the world.

We would love any photos or videos and if posting on social media please use the hashtags #kitcommunity #kitsathome #birthingkitfoundationaustralia



# Hygiene Instructions



## WATCH VIDEO

- Important: do not pack birthing kits if you are feeling unwell. Wait a few days until you are feeling better.
- Wipe down the table or bench where kits will be packed with an antibacterial spray or wipes prior to setting up the kit components. Ideally the spray/wipes will contain 70% alcohol.
- Wash and dry your hands thoroughly. Put on the disposable gloves provided and sanitise over the gloves using hand sanitiser. Once gloves are on, only touch the contents of the kit - avoid touching clothes, face, hair or anything else.
- If you do touch something, please re-sanitise your gloves using hand sanitiser. It is a good idea to keep hand sanitiser nearby for this reason.
- If packing kits in a small group of people within your home, sit 2 metres apart, with no more than 1 person per 4m<sup>2</sup> (follow state and territory government health guidelines at time of packing)
- There is to be no smoking, eating or drinking when packing kits.
- Scalpel blades are wrapped, however please handle with care especially if young children are present at the time of packing.

This information is proudly brought to you by MUN Australia, BKFA's major corporate partner and supplier of quality disposable gloves.



# Kit Packing Instructions



## WATCH VIDEO

1. Fold plastic by folding in half five times, then into thirds to approx. 12 x 9cm.



2. Start with a pair of gloves



3. Add 5 squares of gauze



3. Place the soap on top



5. Add 3 pieces of string



6. Add the scalpel blade



7. Fold all together



8. Enclose items between folded sheet, insert into ziplock bag then press down to expel air while sealing the bag





# Return Shipping Instructions

All packed? It's time to return the kits to our warehouse.

## 1. PACK THE KITS FOR TRANSPORT

Put a bin liner (e.g. Glad Tough Garbage bag) into the box and then fill with completed kits. Take care to press down the kits while filling the carton to expel any extra air. Tape up with packaging tape immediately when filled so air doesn't get in.

## 2. GET THE KITS READY FOR PICK UP

Attach one adhesive document envelope to the top of the carton/s after it is sealed. These were provided when the kit materials were delivered. Write the Shipment number provided to you in the transport instructions clearly in black permanent marker on each carton e.g. BKFA0565.

Prior to collection please store completed carton in a cool, dry place away from excessive heat and direct sunlight.

## 3. CONTACT US TO ARRANGE A CONSIGNMENT

Once all kits are ready for dispatch with the document sleeve attached, please contact Adrian Harris at [adrian@bkfa.org.au](mailto:adrian@bkfa.org.au) with the following details:

- The exact location of the collection of the kits with any special instructions (e.g. collect at back door) with the preferred day of collection.
- The senders name and preferred email address
- The senders phone number
- The total number of boxes.
- The associated BKFA shipment number (e.g. BKFA0565)

BKFA's preferred courier, Startrack will be contacted to create a consignment. They will send you an email with a dispatch summary, consignment note and printable labels for the carton/s. Please print these off and place one label into each of the adhesive document envelopes on each of the cartons. Leave the dispatch summary for the driver to collect with the cartons.

Startrack will collect these cartons on the nominated day at the preferred address. Please note that picks ups are only available during business hours.

Please email [adrian@bkfa.org.au](mailto:adrian@bkfa.org.au) once goods have been collected with consignment number on the form given to you from Startrack driver (do not be concerned if they do not supply you with one as it is obtainable electronically). Contact Adrian with any concerns or if cartons are not collected as expected.

# Other important information for participants

## GLOVES

Some disposable gloves may contain ingredients which are known to be a possible cause of allergies in sensitive persons who may develop irritant and/or allergic contact reactions. If an allergic reaction should occur seek medical advice immediately.

**WARNING: - THE GLOVES PROVIDED AS PART OF KITS AT HOME ACTIVITY MAY CONTAIN NATURAL LATEX WHICH MAY CAUSE AN ALLERGIC REACTION; FOR MORE INFORMATION PLEASE SEE BELOW.**



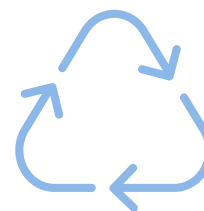
What are some of the symptoms of latex allergy?

- localized skin rash or itching (generally on the hands)
- hives
- swollen red skin
- swollen lips and tongue with difficulty breathing, wheezing
- shortness of breath
- dizziness
- fainting
- abdominal pain
- diarrhoea
- anaphylactic shock

Anaphylactic shock is rare. The risk of anaphylactic shock seems to be greatest in people who have had previous allergic reactions to products that contain latex or prior unexplained anaphylaxis. Health care workers with a history of worsening latex allergy symptoms should be especially cautious.

## RECYCLING

BKFA promotes active recycling and requests that all soft plastic, paper and cardboard are recycled where possible to help reduce the amount of waste to landfill.





*Find out more at [bkfa.org.au](https://bkfa.org.au)*

