

Kits at Home Information Pack



**Birthing Kit
Foundation**
Australia



A guide for packing Clean Birth Kits at home.

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 Clean Birth 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 Clean Birth Kit?

- One black plastic sheet: 1 metre x 1 metre (standard clean birth 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 birth 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.



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



Hygiene Instructions

- 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.
- Please refrain from smoking, drinking or eating 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, BKFAs major corporate partner and supplier of quality disposable gloves.



Other important information for participants

RETURNING COMPLETED KITS TO THE COORDINATOR

If you have assembled 40 kits, line the wine box with a garbage bag and fill the box with your completed kits. Then contact your Coordinator to arrange collection of the completed kits.

If you have assembled 200 kits, make up the flat-pack cartons and line this with a garbage bag. Fill each one with 100 kits and seal it up with clear packaging tape. Then contact your Coordinator to arrange collection of the completed kits.

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 or 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

We promote active recycling and request that all soft plastic, paper and cardboard are recycled where possible to help reduce the amount of waste to landfill. Thank you for your cooperation.



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





Find out more at bkfa.org.au

