Safety

The CUB should never be used to sit or lean on by more than one person at any one time.

Never stand on or try to balance on the CUB. Feet or knees should always be in contact with a stable surface such as the floor.

If the mother has been in water or is wet for any reason place an absorbent towel on the CUB before sitting/leaning over or against it.

The CUB should never be used as a child’s toy, child’s seat or in a swimming pool.

Keep away from open sources of heat – the CUB is PVC, which can distort & melt when close to direct heat.

Keep away from potential source of puncture, particularly hard uneven surfaces or sharp objects.

Do not inflate the CUB unless it has been stored at room temperature for at least 4 hours.

Hospital or Birth Centre Cleaning Guide

Suitable cleaning products to use with the CUB:
Antibacterial spray or wipes, Haz Tabs, Chlor-Clean, Actichlor Plus, Sporicidal spray or wipes* Hypochlorite.

*This includes Milton® sterilisation fluid. Milton Fluid is made of an aqueous solution of sodium hypochlorite and 16.5% sodium chloride. The Milton fluid that is available to buy is 2% sodium hypochlorite. PPM concentrations are:
For blood contamination: 1 part Milton 2% to 2 parts water provides a 1000ppm cleaning solution
For body fluid contamination that is not blood stained: 1 part Milton 2% to 20 parts water provides a 1000ppm cleaning solution

The cleaning process for the CUB

We recommend that a clean, disposable incontinence sheet is placed onto the CUB if the mother is sitting or lying on it. The CUB should be thoroughly cleaned between users using the process below. Personal protective equipment (PPE) such as gloves and aprons should be worn during the cleaning process.

While the CUB is still inflated:
Rinse – Rinse off all visible surface contamination with a clean, disposable cloth using water/detergent; paying attention to the area around the seams and valves and including the base. There should be no visible contamination left

Dry – Dry the CUB with a clean disposable cloth, such as household cloth, towel or paper hand towels.

Clean – Clean thoroughly with your chosen, locally approved cleaning product.

Dry – Allow the CUB to air dry completely before deflating and storing.

You can find the links on upright birth research on our website.
What is your CUB designed to do?

The CUB is a modern innovation designed to provide all of the advantages of an active labour while supporting a variety of positions for giving birth. The CUB’s patented, innovative design has removed the disadvantages associated with the traditional type birth stool or the common birth ball.

Caring for your CUB

The CUB is not a permanent piece of equipment and should be treated as semi disposable. However if cared for properly, it will be suitable for multiple uses. Proper care includes:

- Not allowing anyone to “play” with The CUB. This includes partners, carers, children and visitors.
- Do not allow more than one person to sit on the CUB at any one time.
- The CUB requires regular cleaning & inspection to remain in good condition.
- When not in use, the CUB should be stored deflated.
- Keep away from sources of heat and uneven surfaces.

Instructions for your CUB inflation

Make sure your CUB is at room temperature

Unpack the CUB and unfold. Locate the two safety inflation valves at the back of the CUB.

Insert the nozzle of the inflation pump into the black section of the valve.

Inflate each chamber of the CUB until it is firm to touch.

Simply remove the black section by pulling on the clear tab on the valve and allow the air to expel.

The CUB’s double inflation valve system is a SAFETY feature of the product. Once fully inflated and used, it cannot be re-inflated. Your CUB is now ready to use.

Cleaning your CUB

We recommend chemical cleaning using one of the following cleaners:

- Antibacterial spray or wipes, Sporicidal spray or wipes, a diluted Hypochlorite (bleach) solution

The CUB should be cleaned thoroughly between uses.

Personal Protective Equipment (PPE), such as gloves and aprons, should be worn where appropriate.

To clean whilst the CUB is inflated:

1. Rinse off all visible surface contamination with clean water until it looks clean on every surface, paying attention to seam, valve and base areas.
2. Dry the CUB with a clean disposable cloth, such as a household towel.
3. Spray or wipe the CUB with a selected cleanser from the above recommended products.
4. Allow the CUB to air dry completely. Deflate and store the CUB. Do not store in very warm or very cold environments as this can degrade the material.

Troubleshooting

Top up the CUB with air – the CUB is made of PVC, which stretches with repeated use, particularly in warm environments.

If a chamber is still deflating half fill with warm water, then re-inflate. If two valve sections are being inflated, fill the CUB balloon very slowly.

If a puncture is suspected, refill the CUB and locate the puncture by adding a small amount of washing liquid/bubble bath to the seams & valve area. Fluorescent light will highlight any damage. Coat the CUB with a little soap and bubble bath, then look for signs of soap pooling.

For a tear:

1. Torn seams cannot be repaired and are an indication that excessive pressure or weight has been placed on the CUB.
2. As an inflatable product, the CUB is not designed to last indefinitely. Frequent use will naturally degrade the product sooner than occasional/infrequent/ single user use.

Lightweight, adaptable, comfortable and easy to clean, it supports the needs and choices of mothers by facilitating mobility, comfort and relaxation during labour and birth. Even when things are not as straight forward as planned the CUB can continue to be a useful, adaptable support giving the mother the best opportunity for a safe, healthy and natural birth.