

AQUABORN Birth Pools



www.aquaborn.com.au

ERGONOMIC USE AND HANDLING

During a water birth, a midwife is most at risk of sustaining an injury if they maintain a sustained forward reaching position, and whilst helping a client in and out of the birth pool. Aquaborn's Ergonomically advanced pools address these risk factors to make the Aquaborn Pool the most ergonomically advanced inflatable birth pool.

Midwife Benefits: Good positioning, Closer to Client, Posture Changes, Better handling, Neutral Joint positions, Larger Muscle groups used.

The Aquaborn Pool uses I-Beams to significantly reduce the movement of air in the lower chamber when weight is applied. This creates a strong and stable base on which the client can sit and manoeuvre themselves into the pool. The Upper ring can be quickly deflated without compromising the containment of the water which further improves quick access to the pool.

The Upper handles provide a point of support for the client who is getting in and out of the pool, which allows the midwife to have an assistance only role and reduce physical intervention.

The increased pool height has two functions. 1. It allows a greater internal depth of water to assist the client in changing position and 2. Supports the midwife's trunk reducing the risk of low back injury.

The Aquaborn Pool handles are placed where the client has to use the pool width ways during active birth. This positions the client directly in front of the midwife at the shortest distance away, which eliminates twisting and excessive forward reaching.

MIDWIFE POSITIONING:

1. Kneel 15 - 20cm away from side of pool and maintain upright posture.
2. Place your arms over the side of the pool. They should not exceed 70 degrees of shoulder elevation.
3. Allow a 30 degree bend at your hips. This gives you an effective handling area of 77cm in front of you, whilst maintaining 15 degrees of flexion at the elbow.

Entry & Exit from Pool

The midwife should position themselves behind and to the side of the client providing guidance at the trunk.

Instructing the client

1. Perch on the side of the pool.
2. Hold one top ring handle (opposite side to 1st leg swing).
3. Client leans back slightly to lift 1st leg into pool.
4. Client uses the other top ring handle whilst lifting the 2nd leg into pool.
5. Client lower into pool water.