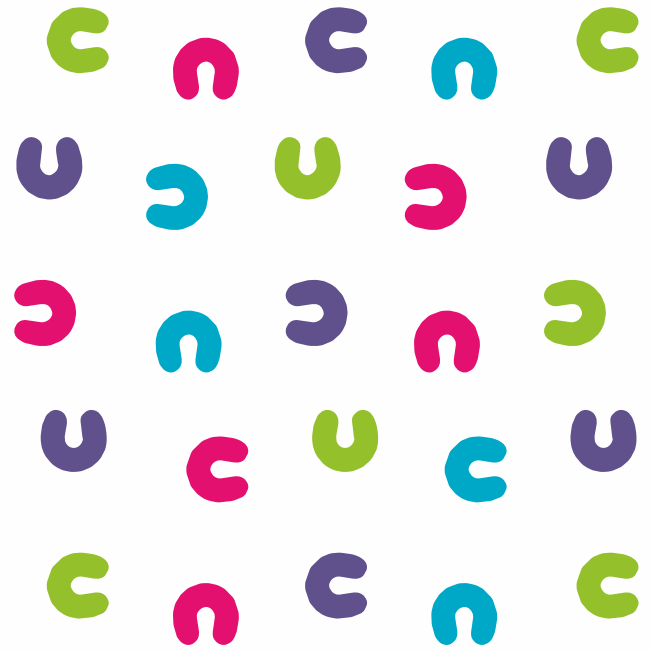


cub[®]

Comfortable upright birth

Information Guide



Better for mama, better for baby

cub[®] contents

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About cub®

The cub provides additional support and comfort during late pregnancy, labour and birth.



What is the CUB?

The **cub**® is a modern innovation of the traditional birth stool and the widely used birth ball. Its innovative design supports all of the advantages of an active labour and an upright position for birth. Lightweight, adaptable, comfortable and easy to clean and can be used in any environment.

The **cub**® is a simple, easy to use invention that supports a range of upright positions, recommended by the World Health Organisation.

Upright positions can help to decrease complications that can lead to emergency interventions and even caesarean sections.

What does it do?

The **cub**® is 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.

The **cub**® supports the needs and choices of mothers by facilitating mobility, comfort and relaxation during pregnancy, 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.

Kneeling, squatting, all fours as well as sitting are all easily and comfortably achieved with the **cub**®.



Where can the **cub**® be used?

The **cub**® can be used at home, in hospitals or in a birth centre.

Lightweight and portable the **cub**® can be moved to wherever it is needed quickly and easily, helping to maintain an upright position for birth wherever you are.

Caring for your **cub**®

The **cub**® is a semi disposable product, 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, pets 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, uneven surfaces and sharp objects.

You can find details on how to clean your **cub® further on in this brochure.**

Cleaning your cub®

The cub® should be cleaned thoroughly between uses.



We recommend chemical cleaning using one of the following cleaners:

Antibacterial spray or wipes, sporicidal spray or wipes or a diluted hypochlorite (bleach) solution.

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

To clean whilst the cub® is inflated:

Rinse off all visible surface contamination with clean water until it looks clean on every surface, pay attention to seam, valve and base areas.

Dry the cub® with a clean disposable cloth, such as a household towel.

Spray or wipe the cub® with a selected cleanser from the above recommended products.

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.

Why are upright positions important during birth?

Research has shown that adopting upright positions during labour and birth can have many advantages for both mother and baby.



The chance of your baby becoming distressed during labour when you are upright is decreased by

54%



Being upright during labour and birth can increase the available space within the pelvis by up to

30%

Giving more room for your baby to be born.



Your chance of needing a cut in your perineum to help baby be born is reduced by

21%

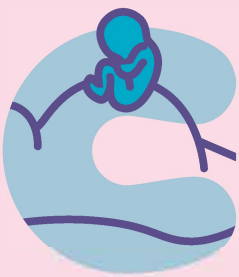
If you are upright.



Your chance of needing medical assistance e.g. forceps is reduced by

23%

If you are upright during birth



Emergency caesarean sections
are reduced by

29%

If you birth in an upright position



Some studies have shown that an upright position in labour is as effective as an Oxytocin (Pitocin) drip in stimulating contractions.



The length of the early and middle parts of your labour can be shorter when adopting an upright position



The time taken to push your baby out is shorter with upright positions.



You will have less chance of needing stitches for a tear and less swelling in an upright position during birth,

Instructions for your cub[®] inflation



Make sure your cub[®] is at room temperature before inflation.



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 valves and allow the air to expel.

The cub[®]'s double section valves are a SAFETY feature of the product. Once fully inflated and during use, the valves must be pushed in firmly. Your cub[®] is now ready to use.



As your cub[®] is used the material stretches slightly so you may need to top up the air.

If you are using the cub[®] Cover: Half inflate the cub[®], put the cover over, once in place finish inflating your cub[®], adjusting cover as required.

Using your cub® safely



The wide, flat base provides enhanced stability for users. The maximum user weight is 120kg.



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 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.

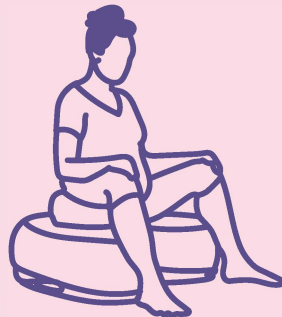
Positions you can use your cub® in



The cub® can be adjusted to be used in a single or dual inflation as required.



Asymmetrical
(one knee)
kneeling position
(Single inflation)



Sitting upright
(Single inflation)



Forward kneeling
position on a bed
(Single inflation)



Side lying position
(Single inflation)



Supported upright
kneeling
(Dual inflation)



Sitting upright
(Dual inflation)



Supported forward kneeling
position
(Dual inflation)



Using the cub® to
support squatting
(Dual inflation)

Physiotherapy Guidance

Physiotherapy guidance if you have Pelvic Girdle Pain (PGP) in pregnancy or during childbirth. Using the cub® to ease discomfort.

Dual chamber inflation positions



Supported kneeling position

Coccyx pain
Prolapsed intervertebral disc
Cub support height: 41cm
Hip Flexion: 90° – 100°
Pain free abduction required



Sitting upright with support

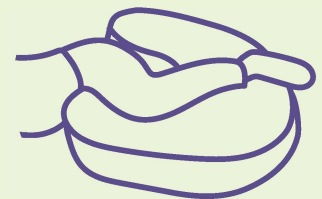
Posterior pelvic pain
Prolapsed intervertebral disc
Spinal Stenosis
Cub support height: 41 cm
Hip Flexion: 90° – 100°
Abduction: 20°



Supported forward kneeling position

Posterior pelvic pain
Coccyx pain
Spondylolisthesis
Cub support height: 41 cm
Hip Flexion: 90°
Abduction: 20°

Single chamber inflation position



Side laying position

Pubic symphysis dysfunction or with Epidural
Cub support height when used in single chamber inflation: 21cm
Hip Flexion: 80°
Abduction: 20°

Lying on the comfortable side with leg supported is a more suitable and comfortable position.
J.S. Boissonault 2001

Hospital or Birth Centre cleaning guide



Suitable cleaning products to use with the **cub**[®]:

Antibacterial spray or wipes, Haz Tabs, Chlor-Clean, Actichlor Plus, Sporidical 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 as follows:

For blood contamination:

1 part Milton 2% to 2 parts water provides a 10,000ppm 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 on it and has any PV loss that may come into direct contact with the **cub**[®]. 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 kitchen 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.

Troubleshooting for your cub®



Top up the cub® with air – the cub® is made of PVC, which stretches with repeated use, particularly in warm environments. If the cub is frequently used, we recommend you replace it every three months



If either chamber of the **cub®** is deflating please add more air and ensure that both valves are firmly pushed in. Remember it is expected that you will need to occasionally add more air if the **cub®** is left inflated for more than 24 hours.

If a puncture is suspected, re-inflate the **cub®** and locate the puncture by rubbing a small amount of washing liquid/bubble bath over the seams & valves/area of suspected damage. Push down gently on the **cub®** & identify any small bubbles appearing. Then locate the area to apply the repair patch.

A torn seam cannot be repaired and is an indication that excessive pressure or weight has been placed on the **cub®**.

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.

Research

On upright positions for birth

Being upright during labour and birth can increase the available space within the pelvis by 28-30% giving more room for rotation and descent [6]

Uterine contractions are more effective. Some preliminary studies have shown that an upright position in labour is as effective as an Oxytocin (Pitocin) infusion in stimulating contractions [8]

There is a 54% decreased incidence of foetal heart rate abnormalities when the mother is upright [6]

The length of the first stage of labour, between 3-10 centimetres can be significantly shortened when the mother remains spontaneously upright, active and mobile [1, 7]

Upright positions reduce the duration of the second stage of labour [3, 6]

Being upright has been shown to result in a 23% reduction in assisted deliveries - more space, less distress and a shorter labour results in fewer necessary interventions [6]

A 21% reduction in rates of episiotomy in women who give birth in an upright position [4, 6]

A 29% reduction in emergency caesarean sections [7]

Improved perineal integrity, less vulvular oedema [1, 4]

Reduced need for epidural [7]

1 Terry RR, Westcott J, O'Shea L, Kelly F. (2006).

Postpartum Outcomes in Supine Delivery by Physicians vs Non-supine Delivery by Midwives. *J Am Osteopath Association*. vol. 106 no. 4, 199-202.

2 Keen R, DiFranco J, Amis D, Albers L. (2004)

Non-Supine (e.g., Upright or Side-Lying) Positions for Birth. *Journal of Perinatal Education*. 2004 spring; 13(2): 30-34.

3 Lavender T and Mlay R. (2006)

Position in the second stage of labour for women without epidural anaesthesia: RHL commentary. The WHO Reproductive Health Library; Geneva: World Health Organization. last revised: 15 December 2006.

4 Nasir A, Noorani K.J., Korejo R. (2007)

Child birth in squatting position. Department of Obstetrics and Gynaecology, Jinnah Postgraduate Medical Centre, Karachi.

5 Shermer RH. Raines DA. (1997)

Positioning during the second stage of labor: moving back to basics *JOGNN: Journal of Obstetric, Gynaecologic, and Neonatal Nursing*. Nov-Dec; 26(6): 727-34.

6 Gupta JK, Hofmeyr GJ, Smyth R. (2012).

Position in the second stage of labour for women without epidural anaesthesia. *Cochrane Database Systematic Review*. May 16;5 :CD002006 doi:10.1002/14651858, CD002006.pub3.

7 Lawrence A, Lewis L, Hofmeyr GJ, Dowswell T, Styles C. (2013)

Maternal positions and mobility during first stage labour. *Cochrane Database of Systematic Reviews Issue 2*. Art. No.:CD003934; DOI: 10.1002/14651858.CD003934.pub2.

8 Read JA, Miller FC, Paul RH. (1981).

Randomized trial of ambulation versus oxytocin for labour enhancement: a preliminary report. *Am J Obstet Gynecol*. Mar 15;139(6)669-72.

Arabic : يبرع

تعليمات نفخ الجهاز

تأكد أن جهاز التهينة للولادة المريحة (cub®) في نفس درجة حرارة الغرفة قبل نفخه.

خطوات نفخ الجهاز: أخرج الجهاز من علبته وابسطه. حدد مكان صمامي النفخ الآمن في ظهر الجهاز. وأدخل فوهة مضخة نفخ الهواء في الجزء الأسود من صمام النفخ. انفخ كل

حجيرة من جهاز (cub®) حتى تصبح ممتلئة وثابتة عند لمسها.

وللتفريغ: يمكنك ببساطة خلع الجزء الأسود من خلال سحب لسان الغلق الشفاف الموجود في صمامات الهواء والسماح للهواء بالخروج.

فالصمامات مزدوجة الأقسام تعد خاصة سلامة بالنسبة للجهاز. ولا بد أن تكون هذه الصمامات مغلقة بإحكام عندما يكون الجهاز ممتلئًا بالهواء وأثناء الاستخدام.

والآن جهازك جاهز للاستعمال.

تنظيف جهاز التهينة للولادة المريحة (cub®)

نوصي بالتنظيف الكيميائي باستخدام أحد المنظفات التالية:

رداذ أو ممسحة مضادة للبكتريا وريذاذ أو ممسحة مضادة للأوباغ أو محلول هيبوكلوريت مخفف (مبيض) مثل: محلول ميلتون (Milton).

وينبغي أن يكون الجهاز نظيفًا في الفترات التي تتخلل مرات الاستخدام.

*ينبغي ارتداء معدات الوقاية الشخصية (PPE) كالتقازات والمريلة (عند اللزوم)

خطوات التنظيف: (أثناء امتلاء الجهاز بالهواء):

- 1) اغسل كل الأجزاء الظاهرة السطحية الملوثة بالماء النظيف حتى يبدو السطح نظيفًا وكن حريصًا عند أجزاء معينة كالدرز والصمامات والقاعدة.
- 2) جفف الجهاز بقطعة قماشية نظيفة مثل منشفة المطبخ المنزلية.
- 3) قم برش أو مسح جهاز cub® بمطهر جيد من المنتجات الموصى بها أعلاه.
- 4) اترك الجهاز في الهواء ليُجف بشكل تام. وفرغه من الهواء ثم قم بتخزينه.

استكشاف الأعطال وإصلاحها

إذا كان الجهاز مفرغًا من الهواء لفترة زمنية، فخذ في اعتباره ما يلي:

1. املأ الجهاز بالهواء - فالجهاز مصنوع من مادة بولي فينيل كلوريد (PVC) التي تتمدد بالاستخدام المتكرر وخصوصًا في الأجواء الدافئة
2. في حال استمرار تفريغ الهواء في إحدى الحجيرات، فأعد ملئها بالهواء واضمن أن كلا صمامي النفخ مُدخِلين بإحكام في الجهاز cub®
3. في حال الشك بوجود ثقب، اعد ملء الجهاز بالهواء وحدد مكان الثقب من خلال وضع قدر يسير سائل استحمام \ فقاعة استحمام على الفواصل بين الأجزاء والصمامات والمناطق
- المشتبته في تلفها. اضغط برفق على الجهاز وتعرف على مكان أي ثقب تظهر منه فقاعات صغيرة. ثم حدد مكانه واستخدم رقعة التصليح.
4. لا يمكن إصلاح الدرزة الممزقة وتعتبر إشارة إلى أنه قد وضع وزن أو ضغط كبير على الجهاز.
5. الجهاز غير مصمم للبقاء إلى أجل غير مسمى وذلك نظرًا لأنه جهاز قابل للنفخ. يؤدي الاستخدام المتكرر إلى تلف المنتج نتيجة الاستخدام بشكل أسرع من تلفه نتيجة الاستخدام

السلامة

1. يحظر استخدام الجهاز للجلوس أو الضغط عليه من أكثر من شخص واحد في نفس الوقت.
2. لا تقف على الجهاز أو تحاول الاتزان عليه. ولا بد من إبقاء الأقدام أو الركبتين تلامسان سطح ثابت كالأرضية.
3. إذا كانت الأم متواجدة في المياه أو كانت مبللة لأي سبب، ضع منشفة ماصة على الجهاز قبل الجلوس \ الاتكاء عليه أو الاستناد عليه.
4. يحظر استخدام الجهاز كلعبة للأطفال أو مقعد لهم أو استخدامه في حمام سباحة.
5. ابتعد عن مصادر الحرارة المباشرة - فالجهاز مصنوع من مادة البولي فينيل كلوريد (PVC) التي يمكن أن تحترق أو تنوب حال تعرضها للحرارة عن قرب.
6. ابتعد عن الأسباب المحتملة التي قد تسبب ثقبا في الجهاز وخصوصًا الأسطح الصلبة غير المنتظمة أو الأدوات الحادة.
7. لا تملأ الجهاز بالهواء ما لم يكن محفوظًا في درجة حرارة الغرفة قبل أربع ساعات على الأقل.

Español : Spanish

Instrucciones de inflado

Asegúrate de que tu **cub**® esté a temperatura ambiente antes del inflado.

Para inflar: retira el embalaje del **cub**® y extiéndelo. Localiza las dos válvulas de inflado de seguridad en la parte posterior del **cub**®. Inserta la boquilla de la bomba de inflado en la sección negra de la válvula. Infla cada cámara del **cub**® hasta el tacto sea firme.

Para desinflar: Solo tienes que retirar la sección negra tirando de la pestaña transparente de las válvulas y dejar que salga el aire.

Las válvulas de sección doble del **cub**® son un dispositivo de SEGURIDAD del producto. Una vez que esté totalmente inflado y durante el uso, las válvulas deben empujarse hacia dentro firmemente.

Tu **cub**® ya está listo para usar. Si utilizas la cubierta **cub**®: Infla el **cub**® hasta la mitad, coloca la cubierta encima y, una vez colocada, acaba de inflar tu **cub**® ajustando la cubierta cuando sea necesario.

Limpieza de tu **cub**®

Recomendamos una limpieza química con uno de los siguientes limpiadores:

Espray o toallitas antibacterianas, espray o toallitas esporicidas, una solución de hipoclorito diluida (lejía), p. ej., Milton.

El **cub**® debería limpiarse a fondo entre los distintos usos. *Debería llevarse un equipo de protección personal (EPP) como guantes y delantales (si procede)

Para limpiar: (Mientras el **cub**® está inflado):

1. Enjuaga cualquier suciedad visible en la superficie con agua limpia hasta que todas las superficies se vean limpias, presta atención a las zonas de la costura, las válvulas y la base.
2. Seca el **cub**® con un paño limpio desechable como el papel de cocina.
3. Rocía o frota el **cub**® con el limpiador seleccionado de los productos recomendados anteriormente.
4. Deja que el **cub**® se seque al aire totalmente. Desinfla y guarda el **cub**®.

Resolución de problemas

Si el **cub**® se desinfla durante un periodo de tiempo, ten en cuenta lo siguiente:

1. Recarga el **cub**® con aire, el **cub**® está hecho de PVC que se estira con el uso repetido, especialmente en entornos cálidos.

2. Si una cámara continúa desinflándose, rellena con aire y asegúrate que las dos válvulas se hayan empujado hacia dentro del **cub**® firmemente

3. Si se sospecha de un pinchazo, reinfla el **cub**® y localiza el pinchazo frotando una pequeña cantidad de lavavajillas/gel de baño en las costuras y válvulas o la zona que parece dañada. Empuja el **cub**® suavemente hacia abajo e identifica la aparición de pequeñas burbujas. A continuación, localiza la zona para poder aplicar el parche de reparación.

4. Una costura rota no puede repararse e indica que se ha aplicado presión o peso excesivo en el **cub**®.

5. Como producto inflable, el **cub**® no está diseñado para durar para siempre. El uso frecuente degradará naturalmente el producto con más rapidez que el uso ocasional/infrecuente/de una sola vez.

Seguridad

1. El **cub**® nunca debería utilizarse para que se siente o apoye más de una persona a la vez.

2. No ponerse de pie ni tratar de equilibrarse sobre el **cub**®. Los pies o las rodillas deberían estar siempre en contacto con una superficie estable como el suelo.

3. Si la madre ha estado en el agua o está mojada por algún motivo, coloca una toalla absorbente sobre el **cub**® antes de que se siente/apoye en él.

4. El **cub**® no debería utilizarse nunca como juguete, asiento para niños ni en una piscina.

5. Mantener alejado de fuentes abiertas de calor, el **cub**® es de PVC y puede deformarse y derretirse al lado de calor directo.

6. Mantener alejado de fuentes potenciales de punción, especialmente superficies duras irregulares u objetos afilados.

7. No inflar el **cub**® a menos que se haya guardado a temperatura ambiente durante al menos cuatro horas.

Français : French

Instructions de gonflage

Assurez-vous que votre **cub**[®] est à température ambiante avant de le gonfler.

Gonflage : Déballez et dépliez le **cub**[®]. Les deux valves de sécurité pour le gonflage se trouvent sur le dossier du **cub**[®]. Insérez l'embout de la pompe dans le clapet noir de la valve. Gonflez chaque chambre à air du **cub**[®] jusqu'à ce qu'il soit bien ferme lorsque vous appuyez dessus.

Dégonflage : Retirez simplement le clapet noir en tirant sur l'opercule transparent des valves et laissez l'air s'expulser.

Les valves à double clapet de **cub**[®] sont une fonction de SÉCURITÉ du produit. Une fois le gonflage effectué et pendant l'utilisation du **cub**[®], les valves doivent être correctement enfoncées.

Votre **cub**[®] est prêt à l'emploi. Si vous utilisez la housse **cub**[®] : Gonflez le **cub**[®]

Résolution des problèmes

Si le **cub**[®] se dégonfle après une certaine période de temps, procédez de la manière suivante :

1. Regonflez le **cub**[®]. Le **cub**[®] est fabriqué en PVC, qui est un matériau qui s'étire après un usage répété, notamment lorsqu'il fait chaud
2. Si une chambre à air continue à se dégonfler, regonflez et assurez-vous que les deux valves de gonflage sont correctement enfoncées dans le **cub**[®]
3. Dans l'éventualité d'une crevaison, regonflez le **cub**[®] et recherchez la crevaison en frottant un peu de liquide vaisselle ou de bain moussant sur les coutures, autour des valves et des zones potentiellement endommagées. Appuyez doucement sur le **cub**[®] et localisez toutes les bulles qui apparaissent. Puis, localisez la zone à réparer.

Nettoyage de votre **cub**[®]

Nous vous conseillons de nettoyer le produit à l'aide des produits nettoyants suivants:

Vaporisateurs désinfectants ou lingettes désinfectantes, vaporisateurs ou lingettes sporicides, une solution d'hypochlorite diluée (eau de Javel), par exemple Milton. Le **cub**[®] doit être soigneusement nettoyé entre chaque utilisation.

*Le port d'un équipement de protection individuelle (EPI) tels que des gants et un tablier, est obligatoire (lorsque nécessaire)
Nettoyage : (lorsque le **cub**[®] est gonflé) :

1. Rincez toutes les zones de contamination visibles à l'eau claire jusqu'à ce que la surface soit propre en faisant bien attention aux coutures et aux zones autour des valves et de la base.

4. Une couture déchirée est irréparable et indique que le **cub**[®] a été soumis à une pression excessive ou à un trop grand poids.

5. Le **cub**[®] est un produit gonflable et n'a donc pas une durée de vie illimitée. Une utilisation fréquente entraînera une dégradation naturelle plus rapide du produit qu'une utilisation occasionnelle ou par une seule personne.

Sécurité

1. Le **cub**[®] ne doit jamais être utilisé par plus d'une seule personne à la fois pour s'asseoir ou s'appuyer.
2. Ne jamais se tenir debout ou en équilibre sur le **cub**[®]. Les pieds ou les genoux doivent toujours être en contact avec le sol ou une surface stable.
3. Si la maman a été se baigner ou est mouillée, placer une serviette éponge sur le **cub**[®] avant de s'asseoir ou de s'appuyer sur ou contre le **cub**[®].

2. Séchez le **cub**[®] avec un chiffon propre jetable tel qu'un essuie-tout.

3. Vaporisez ou essuyez le **cub**[®] avec l'un des produits nettoyants préconisés dans la liste ci-dessus.

4. Laissez le **cub**[®] sécher complètement à l'air libre. Dégonflez et rangez le **cub**[®].

4. Le **cub**[®] ne doit jamais être utilisé comme jouet d'enfant, siège d'enfant ou dans une piscine.

5. Tenir éloigné des flammes nues et de toutes autres sources de chaleur. Le **cub**[®] est fabriqué en matière PVC et peut se déformer et fondre lorsqu'il est proche d'une source de chaleur directe.

6. Tenir éloigné de source potentielle de crevaison, notamment les sols durs et irréguliers ou les objets saillants.

7. Ne pas gonfler le **cub**[®] s'il n'est pas resté à température ambiante pendant au moins 4 heures.

汉语中文 : Chinese

汉语中文

充气方法 充气之前，

务必将cub®存放在室温环境中。

如何充气：取出cub®，将之展开。找到cub®后面两个安全充气阀的位置，将气泵嘴插进阀门的黑色气塞。先后给cub®的两个气室充气，直至cub®摸上去感觉坚挺为止。

如何放气：利用两个阀门上的透明拉手，拉开黑色气塞，放出空气。

出于安全考量，cub®的阀门分两层。充满气后和使用时，阀门必须塞紧。然后，cub®就可以使用了。

若要用cub®的套子：先把cub®充一半气，然后套好套子，继续充气，直至充满，最后视需要，调整好套子。

故障排查

如果一段时间之后cub®变瘪，可考虑如下措施

1. 充气——cub®的材质为聚氯乙烯，反复使用之后会变软伸长，温暖环境中反复使用之后尤其如此
2. 如果某气室气量不足，给该气室充气，并务必把两个充气阀门塞紧
3. 若怀疑cub®漏气，把气重新充满，再在接缝处、阀门处、可疑破损处涂上少量洗涤剂或沐浴露。然后，轻轻按压cub®，看有无地方出现气泡。有即表示此处有漏眼。找出漏眼之后，打上补丁即可。
4. 接缝破裂无法修补，一般为cub®承受的压力或重量过大所致。
5. cub®属于充气产品，有一定寿命。相较于偶尔使用、不常使用、一人使用，频繁使用自然会致产品老化较快。

清洁cub®

本公司建议使用下列清洁剂清洁cub®
抗菌喷剂或擦拭剂、灭孢喷剂或擦拭剂、次氯酸盐稀释溶液（漂白剂），如Milton。
每次用完之后，应充分清洁。
*清洁时应穿戴手套和围裙等个人防护用品（如果适合穿戴）如何清洁：（气满时）

- 1) 用清水将cub®各个表面所有肉眼可见的污渍冲洗干净，尤其注意接缝、阀门、底部等处。
- 2) 用厨房纸巾等用完即弃的干净布/纸将cub®擦干。
- 3) 任选上面推荐的一种清洁剂擦拭cub®或喷到cub®上。
- 4) 等cub®完全晾干。放气，然后把cub®收好，妥善存放。

安全

1. 坐在或靠在cub®上的人，一次不得超过一个。
2. cub®上绝不可站人，亦不可用作平衡支点。脚、膝盖必须始终放在稳固的地方，如地面上。
3. 如果孕妇从水里出来，或者身上有水（不论什么原因），则应先在cub®上放上吸水毛巾，然后才可坐上去，伏上去，或靠上去。
4. cub®绝不可用作儿童玩具、座椅，亦不可在泳池使用。
5. 远离敞开的热源——cub®为聚氯乙烯材质，直接靠近热源会变形融化。
6. 远离易致破损的东西，尤其要远离质硬粗糙的表面、尖锐物品。
7. cub®未在室温下存放满四小时，不可充气。

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PVC can be recycled to make other products.



Medical grade PVC with a biocompatible coating.



We recommend the **cub**[®] is replaced every 3 months if used by multiple users in a health care setting.



The **cub**[®] can be adjusted in height for safe use on a hospital bed if required.



As the **cub**[®] warms up once inflated it becomes more flexible and stretchy, so the air may need topped up if it is left inflated.



The wide, flat base provides enhanced stability for users.

Birthsparks

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Product specifications:
Maximum user weight: 120 kg
Product weight: 2 kg
Total weight: 4 kg

Material 0.500mm Biocompatible PVC
Double layered thickness seat and floor covering
Two separate inflation valves/Chambers
Complies with EN71 -1, 2, 3