



active birth pools

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Welcome and thank you for visiting Active Birth Pools The worlds leading supplier and designer of water birth pools

Over the past 23 years we have supplied birth pools to hundreds of hospitals throughout the UK and abroad.

Tens of thousands of mothers and babies have had a better experience of birth. The benefits of water birth are now clear and have been substantiated by many studies.

We have worked closely with parents, midwives, obstetricians, architects, engineers and microbiologists to develop Our unparalleled

range of water birth pools.



Sign up to receive our free newsletter

You'll receive information about product developments, special offers and the latest news





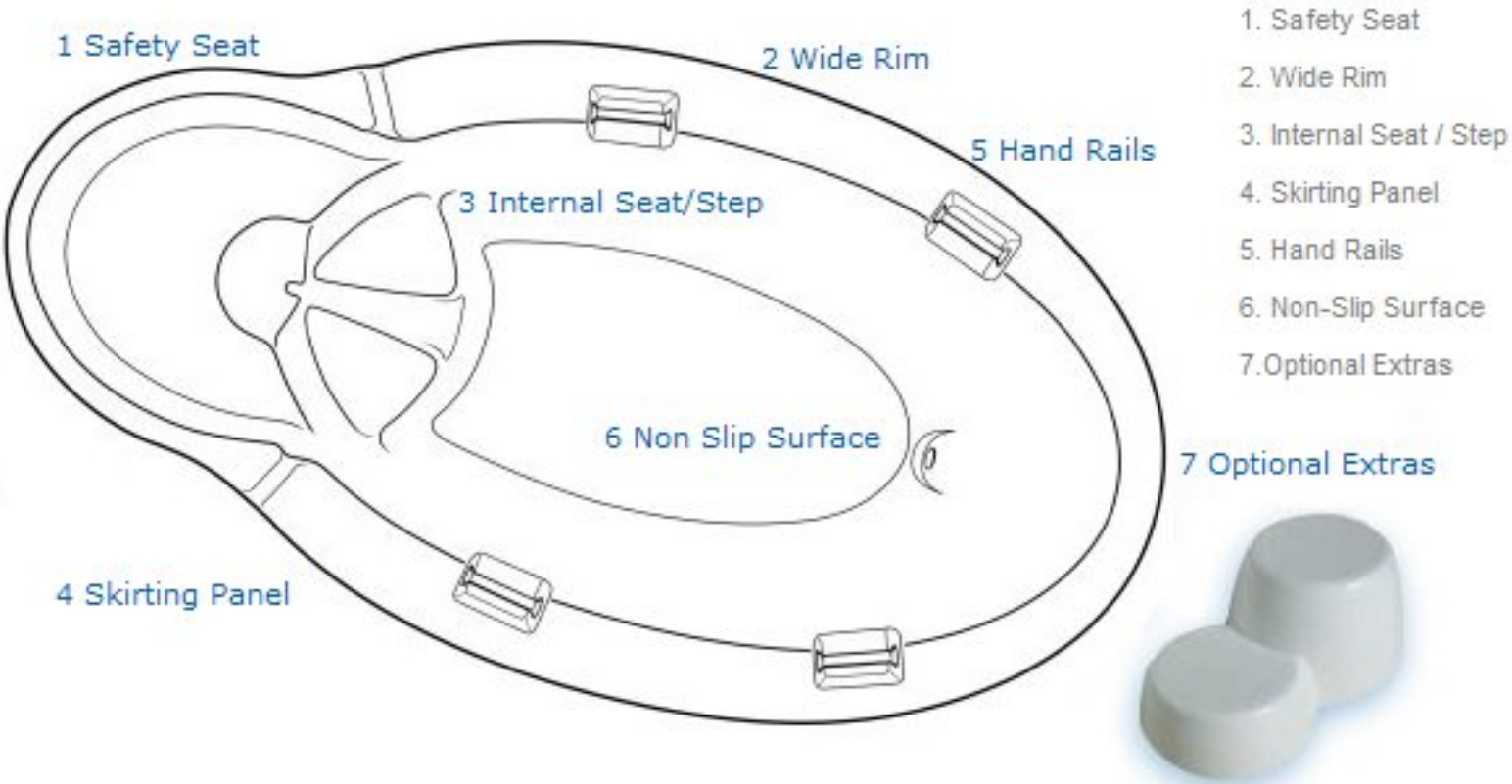
active birth pools

Optimal Water Birth Pool

- Our state of the art birth pool incorporates the broadest range of essential design features in the Active Birth range
- Its efficient design reduces volume without compromise, saving space and resources but leaving ample room for an active labour and birth
- The free-standing, ergonomic design of the pool allows midwives to attend mothers comfortably from all sides
- A water level safety seat allows emergency evacuation and in-pool monitoring
- The pool's wide rim enables mothers and midwives to support themselves comfortably
- Our bespoke fast flow drainage system empties the pool in less than five minutes
- Handrails provide support for squatting and other upright positions
- An internal seat provides support during labour and birth, and can act as a step assisting entrance and exit from the pool
- A skirting panel makes the pool more attractive, faster to clean and easier to maintain
- The gently textured non-slip surface provides secure, stable footing for mothers



The Optimal Water Birth Pool: Features



The Optimal Water Birth Pool: Safety Seat

For emergency evacuation and monitoring



Midwives often ask us what they should do if a woman is incapacitated while using a pool and needs to be removed from the water.

Women using water birth pools should be carefully screened for contraindications. If they are not having a normal physiological labour, they should not use a birth pool. Careful monitoring will virtually eliminate the possibility of a woman collapsing in the pool.

In the unlikely event that a woman is incapacitated while in the pool, there are two key issues:

- 1) The safety of the woman
- 2) Manual handling practicalities and regulations.

The woman will need to be safely lifted out of the pool and moved to a trolley. However, manual handling regulations prohibit midwives from lifting heavy loads.

In this situation time is of the essence. The pool cannot be emptied instantly, and a hoist cannot be moved into position, lowered and utilised within the required time.

The answer is a raised seat at water level, which we call the safety seat.

Women can be raised up gently through the water, along the sloping side wall, onto the seat. The buoyancy of the water supports them, lightening the load for attendants.

Once a woman is on the seat she is safe. She can be transferred onto a trolley and cared for.

The seat is also ideal for internal examinations and monitoring. Midwives can easily attend to labouring women without them leaving the pool.

The Optimal Water Birth Pool: Wide Rim

Enables women and midwives
to support themselves
comfortably



Many women find that leaning forward is one of the most natural, comfortable and effective positions during labour.

The wide, flat surface around the edge of our pool allows them to do so in comfort, unlike the typical rolled narrow style rims of most baths.

The leading rim of the pool is extra wide (10 cm +) to provide support for both labouring women and their attendants.

The wide rim provides secure stable support for women as they enter and exit the pool.

Women can sit on the rim for assistance while moving their legs over into or out of the water.

The extra wide rim also enables us to set handrails into the profile of the pool

The Optimal Water Birth Pool: Internal Seat

Provides support and assists
entry and exit from the birth
pool



The internal moulded step assists exit and entry to the pool and provides support.

It can also be used as a stool for the mother to sit or squat on if she needs to be closer to the surface.

If the mother has her baby in the pool the seat is the ideal place to welcome the newborn.

The Optimal and Versatile Pools have a special ergonomic seat designed to promote a natural physiological labour.

The seat is slightly tilted forward to help open the birth canal, and the wide channel at the back of the seat allows the coccyx to move freely

The Optimal Water Birth Pool: Skirting Panel

Ergonomically designed for midwives and attendants

One of the primary problems midwives experience when attending a water birth is lower back pain. This is caused from leaning over the pool or sitting by the pool with legs apart.

A major part of the problem is the distance between the midwife and the mother. The pool itself was the main obstacle.

To solve this problem we have designed our pool with skirting panels that slope inwards closely following the shape of the shell.

The free standing open design allows the midwife to work closely with her legs under the rim. Reports from midwives using the pools have been highly favourable



The Optimal Water Birth Pool: Hand Rails

Provides support squatting and other upright positions



Handrails allow women to hold on for support in a wide variety of upright positions, and assist exit from the pool.

The handrails are set into the profile of the rim, avoiding the possibility of labouring women being injured by bumping into them.

The Optimal Water Birth Pool: Non Slip Surface

Textured for extra safety



Gently textured surface provides secure stable footing

The Optimal Water Birth Pool:

External Step Unit

- Enables the woman to enter and exit the pool with greater ease
- A light weight unit that can easily be moved once the woman is in the pool and used as a seat by attendants
- Can be used with any water birth pool

Specifications

Width: 40cm
Length: 70cm
Height: first step: 15cm
Height: second step: 15cm
Weight: 5.5kg



The Optimal Water Birth Pool:

Underwater Light



A beneficial, low cost option that can be installed in any of our hospital pools

The light creates a pleasant ambience, aiding women in relaxation Allows midwives greater visibility in the water



active birth pools

Optimal Technology

Active Birth Pools are manufactured to order by hand in a workshop devoted to producing the highest quality medical grade equipment.

Our designs and manufacturing processes have evolved over the past 22 years with the help of infection control experts, midwives, engineers, plumbers, architects and professional consultants.

The weight and thickness of our pools attests to the high specification of our craftsmanship. Our pools are extremely strong, with solid shells up to 13 mm thick (as compared to 4 mm for normal baths) and an overall weight in excess of 100 kilograms.

We are so confident in the build quality of our water birth pools that we back them with a 100% Lifetime Guarantee.



Materials:

Our water birth pools are made out of Glass Reinforced Polyester (GRP). GRP is a composite of polyester resin and fibrous glass. The resulting material is a light, durable and astonishingly tough construction material.

We make our pools using a single surface mould impregnated with layers of glass mat and liquid resin until the required thickness has been built up. The laminate is then extracted from the mould, and coated with a hardened gel, which increases its extreme durability.

When we design our pools, we are always keen to see how our products hold up in practical environments. We have conducted many tests in order to predict the likely performance of our products in most applications.

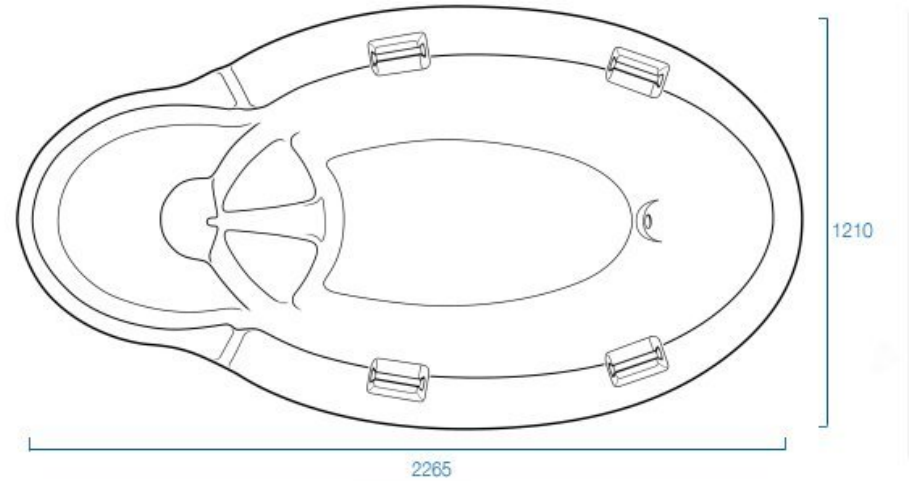
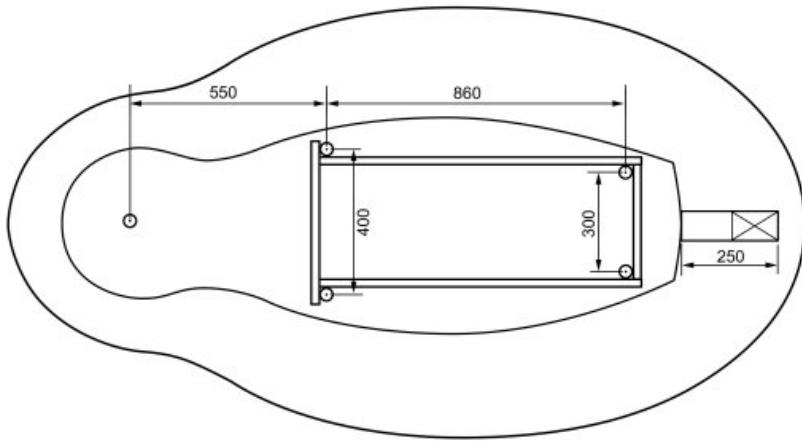
As part of this process, we have added special resins to our gel coat. These:

- Harden the surface
- Increase chemical resistance
- Increase thermal shock resistance
- Increase bacterial resistance

Active Birth Pools are supplied fitted with a full length skirting panel. This wrap around panel closely follows the shape and contours of the pool and does not sacrifice the ergonomic design in any way. The panel greatly improves the appearance of our pools, and makes them easier to clean and maintain.

Our pools are equipped with a bespoke fast flow drainage system. This allows us to offer the pool at a lower overall height, making it easier for mothers to enter and exit the pool, and for midwives to attend the mother.





Standard Features

- Raised Safety Seat
- Factory fitted wrap around skirting panel
- Internal seat - step
- 4 x recessed hand rails
- Fast flow low-profile drain operated with linkage system
- Cowling to conceal drainage system
- Stainless Steel base frame with adjustable feet

Specifications

Length 226.5 cm
 Width 121.1 cm
 Height 74 cm
 Depth 62.5 cm
 Capacity 450 litres

Colour soft white

Optional Equipment

Underwater light

External step unit

Optimal Installation and Cleaning

Moving and Handling

Before moving the water birth pool into the hospital remove the wooden crate.

Move the pool by holding onto the rim or base frame only. Under no circumstances, haul, manhandle or attempt to move the pool by grabbing the ball valve, skirting panel or the handle on the rim.

The skirting panel is not strong enough to bear the weight of the pool and therefore one should not place the pool on its side while the skirting panel remains attached.

DO NOT use the drainage system to move the pool. This can compromise the integrity of the bond possibly leading to failure and the need for repair or replacement that would not be covered by our guarantee

The pools weigh about 100kg; to satisfy manual handling regulations and Health & Safety you should have four people available to move/lift the pool.

If you can move the pool from the receipt and distribution point to the delivery room without needing to turn it on its side to pass through doorways – have your team lift it by the rim, place it on a trolley and move it into position.

If you need to turn the pool on its side to pass through doorways – it is best to remove the skirting panel (which needs to be removed for installation anyway). Move the pool by trolley to the door then lift it by the rim and base frame onto its side to pass through.

Installing the Pool

Have your pipe work, trap and drainage connections in place before installing the pool, but do not make the final connection to the ball valve until the pool and skirting panel are fixed.

The pool is mounted on a stainless steel frame with 5 legs. Each leg has an adjustable foot to enable you to level the pool. Two of the feet are painted black. These are the feet that need to be secured to the floor using the floor cups provided.

Place the cups on the two black feet and locate the pool in the correct position. Draw a line around the cups. Remove the pool and secure the cups to the floor with the hardware provided.

N.B. All feet must be in firm contact with the floor. Failure to do so will create an imbalance, leading to rocking when the pool is in use, resulting in damage not covered by our guarantee.

Fitting the Skirting Panel

Before securing the pool in place you need to position and fix the skirting panel.

The skirting panel is in two halves. The front flange has three holes. Position the flange so that the holes line up and bolt them together with the hardware provided.

There are two holes on flange at the back of each panel where they meet the wall. These need to be fixed to the wall to provide additional stability.

Once the skirting panel is fixed raise the pool up and lower it position so that the two black feet fit in the floor cups.

Filling the Pool

Fix a 3/4" thermostatically controlled mixer tap on an IPS panel approximately 15 cm above the rim of the pool. The average height of the rim is 74cm. Allow a further 10cm if we are supplying the pool on extended legs (to allow you to install a running trap at floor level or run a longer length of pipe to the drain).

The taps should have a spout at least 180cm long. If you want to mount the taps on the rim - the rim should be strengthened with a plate underneath the section where the taps will be mounted.

A hand held shower is useful for cleaning the pool and should be provided.

Emptying the Pool

The pool is fitted with a 2" drain designed to help lower it's overall height. The drain is located at the back of the pool. It's fixed at a slight angle off the horizontal and operated by a handle that controls a ball valve. For installation the pipe work will need to be taken through the floor or into an IPS panel and trapped below floor level.

If it is not possible to install the pool in this way it can be raised for normal drainage connections to the wall behind the pool. If you need the pool raised, we can help by mounting on 10 cm legs at no extra cost if you inform us when placing your order.

Final Connections

There are two access panels at the back of the pool to enable you to easily make the final drainage and electrical connections.

The skirting panel should be sealed to the floor with mastic.

The Optimal Water Birth Pool relies on the weight of the water to be fully stable. We advise that you do not sit on the rim level safety seat unless there is water in the pool. Exercise caution if entering the pool when it is empty.

Cleaning & Disinfecting

- Before filling the pool rinse it out with cold water and run the taps for two minutes
- After use the pool must be cleaned with warm water and a non-abrasive detergent
- Disinfect the pool using either 24 x 0.5 gms or 5 x 2.5 gms Presept Tabs to 3 x 10 lt. buckets of water
- Alternatively fill the pool and add presept tabs to the same strength as above
- Both of these methods will provide a solution of 1000ppm Sodium Dichloroisoc
- Leave solutions in the pool for 10 minutes ensuring all surfaces are wiped over
- The drainage outlet should be paid particular attention and cleaned with a disposable cloth
- The pool should then be emptied of the solution and rinsed with cold water and dried
- The drainage outlet pipe should be kept closed when not in use.
- The pool should be cleaned daily with warm water and a non-abrasive detergent

Notes

Please Note: NHS Health Guidance notes on water temperature gives maximum set hot water temperature for a range of applications, for example 44 degrees centigrade for baths and 41 degrees centigrade for showers.

Higher water temperatures may only be used following a thorough risk assessment. The guidance recommends that where patients are considered to be vulnerable to scalding, thermostatic mixing valves (Tav's) should be used to control hot water temperatures.

Higher water temperatures may affect the surface of the pool resulting in a ripple effect, bubbling, and cracking in the joint where the drain is bonded to the pool. Damage resulting from higher water temperature is not be covered by our guarantee.

N.B. Thermostatic mixing valves should be checked every 6 months to ensure temperature calibration is accurate.

If you have any queries please call Keith Brainin on 020 8374 6963.

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www.activebirthpools.com



active birth pools

To place an order
Please raise a purchase order and
send it to:

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20 Stanhope Gardens
London N6 5TS

Fax 020 8374 6963

Email orders@activebirthpools.com



About US

Over the past 22 years we have supplied birth pools to hundreds of hospitals throughout the UK and abroad.

In fact, our pools are installed in over 87% of UK hospitals.
Tens of thousands of mothers and babies have had a better experience of birth.
The benefits of water birth are now clear and have been substantiated by many studies.

We have worked closely with parents, midwives, obstetricians, architects, engineers and microbiologists to develop our unparalleled range of water birth pools.

Active Birth Pools have been instrumental in pioneering the use of water for labour and birth in mainstream medical institutions in the United Kingdom and worldwide.

Today, we offer the most advanced and comprehensive range of water birth pools in the world.
Since we introduced water birth pools to hospitals over 20 years ago, we have established a reputation for the highest quality products and principles of design to a point where they can truly be regarded as the benchmark standard.

Our clients include the NHS, private UK healthcare organisations as well as hospitals and birth centres around the world.

Our products are purpose-designed medical grade equipment; hospitals can expect our pools to last for decades, unlike non-specialised baths or cheap alternatives.

Our pools are offered with a 100% lifetime guarantee and are in the long term the most cost effective way for hospitals to make water birth available to women.

Active Birth Pools are produced by hand to order in the United Kingdom.

Active Birth Pools Ltd is ISO 9000 compliant. Good practice and efficient operating systems in both design & manufacture, result in products of the highest quality.

Active Birth Pool products carry the CE Mark and comply with all appropriate EC Directives.

Design Ethos

Freedom of movement lies at the heart of natural, active birth.

Every Active Birth Pool is designed so that women using them can move freely in labour and can find and be supported in the positions most beneficial to a natural, physiological labour.

This coupled with a conducive and inviting environment help to make the birthing process as relaxed and pain free as possible.

Active Birth Pools dynamically assist women to adopt these positions.

Our newest pools feature seats and supports angled forward to optimise the position of the pelvis as well as handles situated to support upright postures.

Our pools differ in shape and size to accommodate the needs of hospitals with varying budgets, space and requirements.

What they share in common is a core design philosophy using only the highest quality materials.

The experience of midwives as well as mothers is a key consideration in our design process.

All our pools have been developed in consultation and collaboration with midwives and this is clearly evident in the finished product

Our skirting panels, for example slope inwards, allowing midwives to kneel under the rim of the pool enabling them to be closer to mothers without leaning over for extended periods.

This simple consideration avoids lower back pain, one of the most common complaints among midwives attending water births.

Our mission is to constantly strive for newer and better ways to meet the needs of everyone who will be working with our pools.

As a result of feedback and consultation, we have now produced an exclusive range of soft furnishings that furthers our mission to provide the most complete set of products for natural and active birth.

Company History

Following the pioneering of the first water births in Russia in the 1960's, Michel Odent introduced the use of water during labour at the state hospital in Pithiviers, France in the late 1970's.

After delivering a hundred babies in water he published an article in the Lancet* and was visited by journalists and birth professionals from all over the world.

At this point, there were no purpose-designed water birth pools; women gave birth in inflatable children's pools or large bath tubs.

In 1987 we designed the first portable water birth pool enabling women in the United Kingdom to use a birth pool in the environment of their choice.

In 1988 the obstetrician, Dr Yehudi Gordon, asked us to design a pool for the Birth Unit at the Garden Hospital in London.

Working with midwives and Dr Gordon, we developed the design for the first installed birthing pool in the world - the original *Deluxe Water Birth Pool* today available updated, as *The Original* birth pool.

We have been delighted to hear from literally thousands of women who have benefitted from our products helping them to give birth naturally and more easily and of the appreciation of midwives who have attended their births.

Odent, M. (1983). Birth under water. Lancet, 1476-77.

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