Preparation for a birth

Identify helper and review emergency plan.
Prepare the area for delivery.
Wash hands.
Prepare an area for ventilation and check equipment.

How to ventilate

Position the head slightly extended.
Position the mask on the face.
Seal mask airtight to face with thumb and index finger on top of the mask.
Squeeze the bag to move the chest gently, 40 times per minute.

How to improve ventilation

Head: Reapply the mask to the face to form a better seal. Reposition the head with the neck slightly extended.
Mouth: Clear secretions as necessary and open the mouth slightly.
Bag: Squeeze the bag harder to give a larger breath.

How to clean equipment after use

Equipment must be discarded or cleaned according to guidelines agreed upon for your workplace before reuse.

1. Take apart bag and mask while still wearing gloves.
2. To decontaminate:
   Soak all parts in a 0.5% chlorine solution for 10 minutes.
3. To clean:
   Wash all parts with soap and water.
   Rinse carefully with clean water to remove all soap.
4. To highly disinfect or sterilize:
   Boil in water for 10-20 minutes.
   OR
   Soak in activated glutaraldehyde, then rinse well with boiled water.
   OR
   Steam autoclave (sterilization).
5. Dry completely and keep clean until next use.