

The Seven Cleans of a Birthing Kit

1. **Clean birth site** - preventing delivery onto the floor
2. **Clean hands** - to prevent the birth attendant transmitting germs to mother and baby
3. **Clean ties** - to prevent bleeding from the umbilical cord for mother and baby
4. **Clean razor** - to reduce infection caused by other implements
5. **Clean gauze** - to wipe away birth canal secretions from the eyes, which decreases future eye infections
6. **Clean umbilical cord** - washing and drying the stumps prevents infection
7. **Clean perineum**

CONTENTS OF BIRTHING KITS

1. a square metre plastic sheet
2. 1 piece of soap
3. 1 pair vinyl gloves
4. 3 pieces umbilical tape
5. 1 razor blade
6. 5 pieces gauze