Birthing Station Simulator
LF01070U
Instruction Manual
About the Simulator
The Life/form® Birthing Station Simulator is designed to facilitate demonstration and practice of palpating the internal birthing canal. The simulator clearly shows the relationship between the fetal head and the ischial spines of the pelvic bones of the mother during the birth process. The realism of this Life/form® Simulator will help students bridge the gap from the classroom to bedside with ease and comfort.

Internal Structure
The Life/form® Birthing Station Simulator is designed to highlight the ischial spines, which are of great obstetric importance. The line drawn between the ischial spines typically represents the shortest diameter of the pelvic cavity. The ischial spines can be readily felt during a vaginal examination, and serve as valuable landmarks in ascertaining the level to which the presenting part of the fetus has descended into the pelvis.

The simulator features three lock stations:
- Minus Two Station
- Zero Station
- Plus Three Station

The fetal head will lock in any one of the three stations.

General Instructions for Use
To make the examination of the simulator, the user must first put on a latex glove. Next, the user must lubricate the vaginal area. This will provide easy access to the birthing canal and help prevent any tearing of the simulator. The user is now ready to proceed with the exam.

Minus Two Station
Minus Two Station is when the blue tape is flush with the top of the simulator. This is the position that the head of the fetus is in when it lies above the ischial spines. Palpate through the vaginal opening.

After the user has made the exam, unlock the rod, turn the knob a very short distance (a sixteenth of a turn), push the rod to the next position, and then let go of the rod to allow it to return to the neutral position.

Zero Station
Zero Station is in position when the green tape is flush with the top. The fetus’ head lies directly between the ischial spines. Palpate through vaginal opening. When the exam is over, unlock the knob and push to next position.

Plus Three Station
Plus Three Station is in position when the red tape is flush with the top. The fetus’ head is below the ischial spines and is ready to enter into the birthing canal.
Care of the Simulator

The use of gloves and liberal use of lubricant teach and reinforce good practices and are essential to protect the physical properties of the simulator. The simulator must be treated like a patient. Rough usage and lack of lubrication will generate tears in the soft tissue walls.

Store simulator in clean plastic bag. The soft plastic used in this simulator does attract dust. As in a real situation, the user should practice care and good hygiene to assure the lasting life and clean appearance of the simulator.

Solvents or corrosive materials will damage the simulator. Never place simulator on newsprint or any kind of printed paper or plastic. These materials will transfer an indelible stain. Ballpoint pen ink will also make an indelible stain.

Normal soil accumulated on the surface of the simulator can be removed with mild soap (Ivory® liquid soap) and lukewarm water. Use Nasco Cleaner (LF09919U) to remove stubborn stains from the simulator. Simply spray soiled area and wipe clean with a soft cloth or paper towels.

Cautions

DO NOT use any petroleum-based lubricant. Use of such lubricants will cause rapid deterioration and permanent damage. Use Lubricant Kit (LF00985U) or Ivory® liquid soap only.

Note: Be careful when turning the knob that you do not twist it over a quarter of a turn or it may break loose inside the simulator.
Other Available *Life/form* Simulators

- LF00698U Adult Injectable Arm (White)
- LF00855U Male Catheterization
- LF00856U Female Catheterization
- LF00901U Prostate Examination
- LF00906U Ostomy Care
- LF00929U Surgical Bandaging
- LF00957U Enema Administration
- LF00958U Pediatric Injectable Arm
- LF00961U Intramuscular Injection
- LF00984U Breast Examination
- LF00995U Arterial Puncture Arm
- LF00999U Pediatric Injectable Head
- LF01005U First Aid Arm
- LF01008U Intradermal Injection Arm
- LF01012U Heart Catheterization (TPN)
- LF01019U Ear Examination
- LF01027U Peritoneal Dialysis
- LF01028U Suture Practice Arm
- LF01034U Suture Practice Leg
- LF01036U Spinal Injection
- LF01037U Hemodialysis Practice Arm
- LF01038U Episiotomy Suturing Set
- LF01042U Suture Kit
- LF01062U Pelvic, Normal & Abnormal
- LF01063U Stump Bandaging, Upper
- LF01064U Stump Bandaging, Lower
- LF01069U Cervical Effacement
- LF01070U Birthing Station
- LF01082U Tracheotomtomy
- LF01083U Tracheostomy Care
- LF01084U Sigmoidoscopic Examination
- LF01087U Central Venous Cannulation
- LF01095U Blood Pressure Arm
- LF01108U Infant Intravenous Infusion
- LF01121U Advanced IV Arm
- LF01131U Venipuncture and Injection Arm
- LF01139U Advanced IV Hand
- LF01142U Auscultation Trainer
- LF01143U Tachistoscopic Exam
- LF01152U Male & Female Catheter
- LF01155U Advanced CPR Dog
- LF01162U Venatech IV Trainer
- LF01174U NG Tube & Trach Skills
- LF01184U Venatech IM & Sub Q
- LF01193U Special Needs Baby
- LF03000U CPARLENE® Series
- LF03601U Adult Airway Management Trainer with Stand
- LF03602U Adult Airway Management Manikin
- LF03609U Child CRiSiS™ Manikin
- LF03617U Deluxe Child CRiSiS™ Manikin with Arrhythmia Tutor
- LF03620U PALS Update Kit
- LF03623U Infant Airway Management Trainer with Stand
- LF03632U Child Intracutaneous Access/Femoral Access Leg on a Stand
- LF03633U Child Airway Management Trainer Torso
- LF03693U Basic Buddy® CPR Manikin
- LF03699U “Airway Larry” Airway Management Trainer
- LF03709U Infant CRiSiS™ Manikin
- LF03720U Baby Buddy® Infant CPR Manikin
- LF03750U Fat Old Fred
- LF03760U Child Airway Management Trainer Torso
- LF03770U Chest Tube
- LF03953U CRiSiS™ Manikin, Complete
- LF03955U Deluxe CRiSiS™ Manikin
- LF03956U Deluxe “Plus” CRiSiS™ Manikin
- LF03965U Adult CRiSiS™ Auscultation Manikin
- LF03966U Adult CRiSiS™ Auscultation Manikin with ECG Simulator
- LF04000U GERI™/KERI™ Manikin Series
- LF04200U Adult Sternal Intravenous Infusion
- LF06001U CPR Prompt® Adult/Child Manikin
- LF06012U CPR Prompt® Infant Manikin
- LF06200U CPR Prompt® Keychain Rescue Aid
- LF06204U CPR Prompt® Rescue and Practice Aid

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