

User Documentation for The Bump®
Pregnancy Experience

The Bump is manufactured in the UK by Life Choice Ltd.
Life Choice is also the UK Distributor and Supplier to
schools and educational establishments for RealCare Babies.



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1.1 Introducing The Bump

The Bump is a unique pregnancy simulator to replicate the weight gain and changing body shape that occurs in pregnancy. It encourages people of all ages to empathise with many of the challenging experiences pregnancy brings.

- Easy to use
- Teaches empathy and respect for Pregnancy
- Fits teenagers and adults of both sexes
- Variable weight adds realism
- Realistic sensation and look
- Gel filled breasts and bump
- Wheeled case assists transport



Cost

£250.00 ex Vat, plus P&P (normally £20.00 ex vat in mainland Britain)

For more information

See www.thebump.co.uk.

See www.lifechoice.co.uk for virtual baby information.

Or call the Life Choice office on 0151 608 5938.

1.2 Who Is The Bump For?

Young People

We know the RealCare Babies are a wonderful tool for allowing young people to experience the challenges of parenthood. This encouraged us to develop The Bump - so that young people could similarly experience the challenging experiences of pregnancy.

Pregnancy does have its own set of challenges that not everyone appreciates - especially young men! And getting young men involved in sex, relationship and life skills programmes can be a challenge in itself. But we have found that young men are really interested in how it feels to be pregnant and are up for the challenge of wearing The Bump. Young women, perhaps influenced by celebrity pregnancies and the ease in which pregnancy and parenthood are portrayed in the media, can often get an unrealistic view of life styles and the necessary life skills to cope. Wearing The Bump can help them get a first appreciation of what real life is all about, and a change in body shape, stares and pointing from a peer group and negative comments from strangers can all happen. Are young teenagers ready for that pressure?



Adults

It is not just young people who benefit from wearing The Bump. It is not surprising that many men and women who wear The Bump appreciate for the first time the demands of pregnancy, and this understanding and empathy has impacted not only their personal lives but their professional lives too.



Many organisations have altered the perceptions of senior management and supervisors by asking them to wear The Bump and personally experience the challenges that so many of their workforce experience. This has helped create family friendly policies, improved training courses and better maternity and paternity benefits. And it has given marketing departments practical experience (with a difference!) to help with campaigns and sales initiatives.

The Bump can impact so many parts of business life and Life Choice now works with national and international companies who recognize that empathy and respect make a positive contribution to their business, organisation and workforce.

1.3 Information About The Bump

The Bump weighs 12 to 12.5 kilos (26.5 to 27.5 lbs) which is the weight of a healthy average sized mum-to-be who eats normally in pregnancy. But some mums can gain from very little to double the average weight and still have a normal pregnancy and give birth to a healthy baby. So much depends on what you weighed before your pregnancy, how active you are and what type of metabolism you have.

The Bump is designed to give the wearer a better understanding of the weight gain experienced during pregnancy. This weight is made up of baby, placenta, enlarged breasts, extra fat supplies needed for making breast milk, uterine muscle, extra blood, extra fluid and amniotic fluid.

Once The Bump is on, the wearer can "deliver" a healthy 4 kilo (8.8lb) baby by simply removing the two outer Weight Bags and then appreciate all the extra weight associated with pregnancy. Watch the expression on their faces when they appreciate this - so many people think pregnancy weight is just about the baby! Get a chair for that pregnant lady over there!

The Bump jacket weighs approximately 0.5 kilos, is made of denim and has gel filled breasts and tummy that provide an extremely realistic sensation and look. The breasts weigh 0.5 kilos each (1.1lb) and the tummy is 3 kilos (6.6lbs). They do not require messy filling and emptying as they are permanently sealed and are made of a durable, yet soft plastic.

Additional Weight Bags are provided to allow a variable body weight. The Weight Bags are made of lead shot in bean bags covered in denim, and they can easily be removed. There are four Weight Bags, each weighing 2 kilos (4.4lbs).

The Bump fits into a customised wheeled denim case for easy transport and storage.

The Bump looks great on, but if wearers feel a little self-conscious, there is a maternity t-shirt included that covers all bits and bums!

2.1 How To Fit And Use The Bump

The Bump allows you to choose appropriate weights to suit the wearer, but as it is potentially a heavy garment, remember to take sensible precautions – see the Safety section (section 3) for further information.

Ensure that the gel filled tummy and breasts are fitted in The Bump, and insert the number of Weight Bags you consider suitable for the wearer (usually two inner bags).

Ask the wearer to sit down.

Place The Bump on lap to support weight and help place The Bump onto wearer's shoulders.



Secure the straps over shoulders and ensure back straps are in position and fastened snugly.

Insert the remaining Weight Bags you consider suitable for the wearer (usually the two outer bags).



Get Wearer to stand and become accustomed to the extra weight and shift in balance.

Ensure the wearer can manage the weight of The Bump - remove outer Weight Bags if necessary. You can also remove the inner Weight Bags if you need to get to the lowest weight, though this involves removing The Bump.



Learn to appreciate some of the challenges pregnancy brings!

REMOVING THE BUMP IS THE REVERSE OF THE FITTING PROCESS:

Remove the outer Weight Bags.

Ask the wearer to sit, preferably adjacent to a table, and to help support the weight of The Bump with their arms and knees.

Undo the straps of The Bump, from the bottom up, ensuring that the instructor and the wearer help support the weight.

Lift The Bump away from the wearer using the shoulder straps, and place onto the table.

2.2 Challenges Wearing The Bump!

The Bump should be worn for no more than 15 minutes and the wearer should be asked if she/he can complete some of the tasks listed below! Once these tasks have been done, get the wearer to answer the questions on this page or encourage a group discussion on the experiences of each wearer.

Warning: You must follow all the safety guidelines listed in section 3.

- TASK 1 Take off your shoes and socks and put them back on again.
- TASK 2 Pick up light things from the floor.
- TASK 3 Walk up two flights of stairs and return.
- TASK 4 Lie on your back, you'll probably need a rest after all that walking, then get up.
- TASK 5 Stand still and upright for a couple of minutes.

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- QUESTION 1 How are you feeling physically?
 - QUESTION 2 Which task was the hardest? Why?
 - QUESTION 3 Which task was the easiest? Why?
 - QUESTION 4 What has surprised you the most about wearing The Bump?

2.3 Fitting The Bump Weights

- I. This picture shows all the parts that make up The Bump. There are two breasts, one tummy and four Weight Bags.



- II. The picture below shows The Bump from the inside and allows you to see where all the parts and weights belong.



The jacket is adjustable for the weight and size of the wearer. It is best to secure the shoulder and arm sections before you place onto the wearer, then alter as necessary once in position.

The breasts fit into two pouches within the top of the jacket which are then sealed with a Velcro fastening.

- III. When you receive The Bump, there will be two Weight Bags fitted in pockets within the tummy section of the jacket. These go underneath the tummy. They probably won't get removed unless you want to demonstrate weight gain, when you will remove all weights and build up slowly, one bag at a time.



This picture demonstrates where the inner Weight Bags are located.

- IV. Once you have inserted the inner Weight Bags, the breasts and the tummy, you are left with two additional Weight Bags which fit into external pockets in the jacket. Get the jacket adjusted onto the wearer BEFORE you insert these Weight Bags. This allows your wearer to become accustomed to the weight and feel of The Bump before you insert the extra weight.



We have designed these Weight Bags to be removed easily, because their combined weight is equivalent to the average weight of a new born baby - 8.8 lbs or 4 kilos. This allows your wearer to appreciate all the extra weight associated with pregnancy with and without the weight of the baby itself.

- V. The Bump can be worn on its own, but we supply a maternity t-shirt that can be worn over The Bump. And the result is very life like! The picture on the left is The Bump, whereas the one on the right is the real thing!



3.1 Safety Precautions When Using The Bump

The Bump garment carries the following label:

<p style="text-align: center;">WARNING – HEAVY GARMENT</p> <p>Instructor must study and understand the User Documentation provided with The Bump. Alternative sources of documentation may be found at www.thebump.co.uk or by calling Life Choice on 0151 608 5938.</p> <p>Life Choice Ltd. Clifford House, Broadway, Bebington, Wirral CH63 5ND. Tel: 0151 608 5938 Fax: 0151 608 0818 Web: www.thebump.co.uk & www.lifechoice.co.uk</p> <p style="text-align: center;">SAFETY PRECAUTIONS – INSTRUCTOR OVERVIEW</p> <p>Use weights appropriate for the age and stature of the wearer. Not for use with ages 12 and under.</p> <p>Understand how the variable weights of The Bump are used, how to transport The Bump and how to fit it safely (i.e. for both instructor and wearer).</p> <p>Supervise the wearing of The Bump at all times.</p> <p>Verify that the wearer can manage the weight of The Bump, ensure that any challenges set are realistic and limit duration of exercise to 15 minutes.</p> <p>Instruct wearer on how to cope with weight in terms of posture, lifting and carrying. Wearer should not pick up additional items unless very light.</p>

3.2 Safety Guidelines

Constituent Parts of The Bump

0.5 kilos - Denim Jacket

1.0 kilos - 2 gel filled breasts

3.0 kilos - gel filled tummy

8.0 kilos - 4 additional Weight Bags

12.0 to 12.5 kilos - total

The total weight reflects the average weight gain of a woman in the final stages of pregnancy. The Bump jacket, breasts and the tummy are basic requirements to give the wearer an understanding of pregnancy and together weigh 4.5 kilos. The weight experienced by the wearer can therefore be varied from 4.5 kilos (10 lbs) to 12.5 kilos (27.5 lbs).

Common Sense

The Bump should only be worn under the guidance of a Teacher who has studied and understands the User Documentation provided with The Bump. The Teacher should supervise the entire exercise to ensure that students behave responsibly and safely.

The Teacher must use common sense in judging the weight appropriate for the age and stature of the wearer. Remember that though an equivalent weight to The Bump with all weights fitted is carried successfully by pregnant (and often young) women, they have had months to acclimatise.

Appropriate Age

We recommend that the Bump is not worn by young people of 12 or under, or by senior citizens.

Fitting The Bump Safely

See Fitting The Bump Weights in section 2 for a guide to using the various weights provided with The Bump. Do not use weights other than or additional to those provided.

See How to Fit and Use The Bump in section 2 for a guide to fitting the wearer with The Bump in the safest way, to protect both the Teacher and the wearer.

Ensuring that the Wearer can Cope

When The Bump has been securely fitted, the Teacher should invite the wearer to stand then ensure that the wearer is confident of being able to cope with the bulk and weight.

Limiting the Duration of the Exercise

We recommend that The Bump is worn for no more than 15 minutes, and that repeat exercises with the same wearer are not attempted.

The Instructor Must Take Care Too!

Use the wheeled case to transport The Bump, and use lifts rather than the stairs whenever possible. If you must use the stairs, ask for assistance or carry the weights separately in manageable parts.

Don't attempt to fit The Bump to the wearer complete. Remove sufficient weights so that it is manageable, preferably by removing the outer Weight Bags. Follow the How to Fit and Use The Bump guidelines in section 2 for fitting The Bump to wearer (i.e. fit to a seated wearer etc).

3.3 Guidance for Carrying Weights

WARNING! The Bump should not be worn if any of the following apply:

Pregnancy

Restricted motion

Heart or respiratory problems

History of hernias

Musculoskeletal problems

Temporary impairment or disability

Or simply if she/he feels uncomfortable attempting to wear that much weight

Method - Stop and Think

Ensure there is sufficient room to carry out the task.

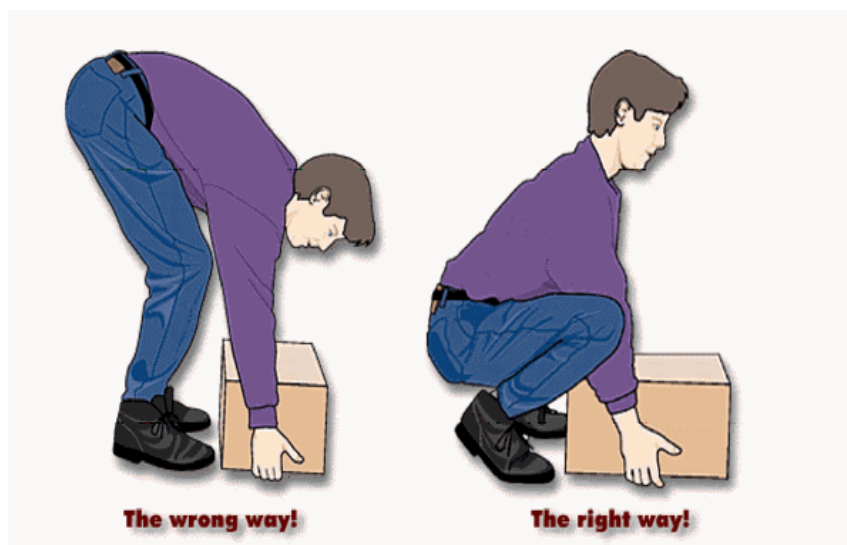
Position the Feet

Keep your feet about shoulder width apart to give a stable base - restrictive clothing or unsuitable footwear make this difficult.

Correct Positioning

Instruct wearer on how to cope with weight in terms of posture, lifting and carrying. Wearer should not pick up additional items unless very light. Squat to lift and lower. Do not bend at the waist. Keep your lower back bowed in while bending over. Keep the weight as close to you as possible. If you must turn, turn with your feet and not your body. Never jerk or twist. Put any weight down by keeping your lower back bowed in. Keep your feet apart. Wear suitable shoes.

CORRECT LIFTING TECHNIQUE



Lifting Diagram from Office of Environmental Health & Safety (Manual Handling Regulations 1992)