

**General Advice:** These instructions are general advice only and do not take into account your specific circumstance. These instructions are to be used in conjunction with the information provided by your health professional and any instructions provided by the equipment manufacturer. Do not exceed the Maximum User Weight specified by the manufacturer. If you are unsure on how to use or fit a piece of equipment, please contact your Health Professional or Country Care Store.

## Bed Rail Use

**Bed rails are often used by older adults, people with disabilities, or those recovering from an injury or surgery.**

**Bed rails come in different types and designs:**

- **Portable Assist Rail:** A portable bed rail is any product or device that is attachable and removable from a bed, not designed as part of the bed by the manufacturer, and is installed on or used along the side of a bed
- **Integrated Bed Rail:** An integrated bed rail is usually part of an electric or profiling bed, designed by the manufacturer and attached to the side of the bed. These may or may not be permanent but usually consist of a full length rail or a side rail
- **Full Length Bed Rail and Side Rail:** Typically used to help create a supportive sleeping environment or to assist individuals to. These bed rails are not intended to prevent someone from falling out of bed or to prevent them from exiting the bed. It is recommended to seek the advice of a healthcare professional when wanting to implement a full length or side rail

## How to Install Portable Assist Bed Rail

1. The recommended location for this rail will be on the side of the bed which the user will normally get out of and within reach of the user
  2. Make sure the portable assist rail is the correct distance from the head of the bed and that it is level
  3. Some Portable Assist bed rails come with a clamp or a bracket that can be attached to the bed frame to keep from moving during use. Follow the manufacturer's instructions to secure it to the bed frame, making sure it is stable
  4. If your Portable Assist Rail is designed to go under the mattress it needs to be slipped under the mattress and bed base, you may need assistance with this. There should be no gap between the bed rail and the side of the mattress, a gap can result in entrapment injuries. Make sure that the bed rail is secure, the weight of mattress should assist with this
  5. If necessary, adjust the bed rail to make sure it is in the right position and that it is secure. Make regular checks that the rail is secure against the side of the mattress or bed frame and has not readjusted causing a gap
- **Note:** If you are having trouble installing the bed rail, it's recommended to ask for help from a Healthcare Professional



Example of a portable assist rail for under mattress use

## How to Install an Integrated Bed Rail

- Follow the manufacturer's instructions to assemble the bed rail if required making sure all the parts are securely in place. Integrated bed rails usually only have a certain area on the frame that they would be mounted and often come mounted on the bed at delivery. It is advised that you contact your bed supplier to ensure bed rail is installed correctly and safely

## How to Use a Portable Assist Bed Rail

1. Before getting into bed, locate the rail and make sure it is within reach and is secure
2. Stand next to the rail you should feel the side of the bed on the back of your legs. Hold on to the rail with one hand and allow it to support you into a sitting position on the side of the bed. Ensure that you do not sit too closely to the edge of the mattress as this can cause you to slip
3. Using the rail for support it can allow you to lift your legs one at a time onto the bed and position yourself as required
4. When exiting the bed, use the rail as a support to help you move your legs out of the bed and into a seated position on the side of the bed
5. When standing up place one hand on the bed rail and the other on the mattress to help assist you to stand up. Ensure that any walking aids you require are in reach and you feel balanced and safe before standing

## How to Use an Integrated Bed Rail (next page)

## How to Use an Integrated Bed Rail

1. With a full length rail or side rail you are not able to enter or exit the bed without folding the bed rail down. Follow manufacturer's instructions on how the rail is operated and learn how to fold the rail up and down when you require
2. Once folded down exit and enter the bed as normal
3. Some users only require a full length rail or side rail on one side of their bed to support their sleeping environment. If there are rails required on both sides of bed be reminded that the purpose of them is not to prevent the bed user from exiting the bed, the user should at all times be able to exit the bed if they require. If a user has cognitive impairment rails on both side can cause confusion and entrapment issues and injuries, please speak with a healthcare professional

## PRECAUTIONS & SAFETY

**General:** Bed rails can present entrapment and strangulation hazard and are not recommended for users with limited mobility of cognitive impairment. If in any doubt consult a healthcare professional.

### Portable Assist Rail

- Ensure base of the portable assist rail sits firmly and securely under the mattress
- Regularly check that the rail has not become loose and fits snugly against the mattress
- Do not use a Portable Assist Rail with a water bed, any light weight mattresses or electric beds where the bed head can be elevated causing the bed rail to move into a hazardous position or interfere with the moving components of the bed
- Consult your healthcare professional if you have concerns about the safety and use of the bed rail, particularly if the user may have cognitive impairment

### Integrated Bed Rail

- The purpose of this rail is not to prevent the bed user from exiting the bed or falling from the bed. If you are having difficulties with a user falling or exiting a bed that may cause concern please contact a healthcare professional
- Always consider alternatives before installing a full length bed rail
- If a user has cognitive impairment rails can cause confusion and entrapment issues and injuries, please speak with a healthcare professional before use

### Bed rails may not be suitable with the following beds:

- Waterbed
- Any lightweight or foam mattresses
- Where the bedhead is in an elevated position
- Some slatted bed bases

## MAINTENANCE & CLEANING

- Please check the product label / user manual for specific cleaning instructions
- If the equipment appears damaged, **DO NOT USE**. It may require replacing