



# Bed Rail

## INSTALLATION & SAFE USE GUIDE

These instructions are to be used in conjunction with the information that your Occupational Therapist has already discussed with you.

### What is a Bed Rail?

- A bed rail is a removable rail that fits between the mattress and the base of the bed to assist with getting in and out of bed.

### To Install

- Fit the bed rail to the side of the bed on which the person normally gets out ensuring it is close to the bed head.
- Ensure there is no gap between the vertical components of the rail and the mattress to avoid entrapment injuries.
- The weight of the mattress will hold the bed rail securely in place.

### How To Use A Bed Rail

- Stand with the back of your legs touching the bed. Hold onto the rail to support you whilst sitting down on the bed surface.
- Using the rail for added support, swing your legs onto the bed and position yourself comfortably.
- When getting out of bed, use the rail for added support and stability as you sit up and swing your legs onto the ground.
- Ensure that you have your balance before standing. Use the rail to help push yourself up into standing.



### PRECAUTIONS & SAFETY

- Ensure that both arms of the bedrail are entirely under the mattress and secure to avoid sliding around. Regularly check that the rail has not become loose and fits snugly against the mattress.
- Bed rails should not be used where there is an unavoidable gap between the vertical components of the rail and the mattress.
- Bedrails should not be used for people who frequently fall or with cognitive impairment.

#### The bed rail may not be suitable with the following beds:

1. Waterbed
2. Any lightweight or foam mattresses
3. Where the bedhead is in an elevated position
4. Some slatted bed bases

#### TO BE USED AS PER THE MANUFACTURERS WEIGHT RECOMMENDATIONS

### MAINTENANCE & CLEANING

- Ensure that you regularly clean the bed rail with a mild disinfectant/cleanser.
- Should the equipment appear damaged - **DO NOT USE**. It may require replacing.