



Bed Stick

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 Stick / Pole?

- A bed stick is designed to fit beneath a bed mattress to provide a firm support to assist with moving, positioning and getting in and out of bed.

Types of Bed Sticks:

- **Bed stick with two arms:** This type of bed stick comes in either single or double bed sizes. The base of the bed stick is positioned under the mattress so the arms protrude either side of the bed.
- **Cobra Bed Stick with one arm:** This type of bed stick is positioned under the mattress and only protrudes on one side of the bed.

To Install

- Fit the bed stick to the side of the bed on which the person normally gets out.
- Ensure there is no gap between the vertical component of the stick and the mattress to avoid entrapment injuries.
- The weight of the mattress will hold the bed stick securely in place.
- The bed stick should be positioned so that it does not interfere with getting in and out of the bed. Note: It is easier and safer if two people install the bed stick.

How To Use A Bed Stick

- Stand with the back of your legs touching the bed. Hold onto the bed stick to support yourself whilst sitting down on the bed surface.
- Using the bed stick for added support, swing your legs onto the bed and position yourself comfortably.
- When getting out of bed, use the bed stick 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 bed stick to help stabilise yourself up into standing.



PRECAUTIONS & SAFETY

- Ensure that the bed stick is entirely under the mattress and secure to avoid sliding around.
- Regularly check that the bed stick fits snugly against the mattress and has not become loose.
- Bed sticks should not be used where there is an unavoidable gap between the vertical component of the stick and the mattress.
- Bed sticks should not be used for people who frequently fall or with cognitive impairment.

The bed stick 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
- Consult your Occupational Therapist regarding the suitability of using a bed stick on a slatted bed base.

TO BE USED AS PER THE MANUFACTURERS WEIGHT RECOMMENDATIONS

MAINTENANCE & CLEANING

- Ensure that you regularly clean the bed stick with a mild disinfectant/cleanser.
- Check that the end caps are in place and not damaged as these can damage the mattress cover if worn.
- Should the equipment appear damaged - **DO NOT USE.** It may require replacing.