

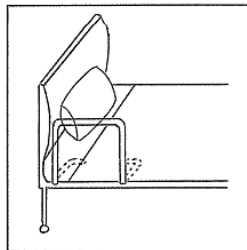
Falls Prevention – Equipment installation & safe use

BED RAIL

A risk assessment from an Occupational Therapist is required before issuing bed rails equipment.

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.
- ♦ **Bed rails are not to be used as a primary falls prevention strategy especially for those with cognitive impairment.**
- ♦ **Caution:** the use of bed rails may pose a risk of injury or death due to asphyxiation by entrapment.



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 as shown in the above diagram.
- ♦ Ensure there is no gap between the vertical components of the rail and the mattress to avoid entrapment injuries.
- ♦ The weight of the mattress must hold the bed rail securely in place

NOTE: It is easier and safer if two people install the bed rail - one person to hold the bed rail and one person to lift the mattress.

HOW TO USE THE 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 must not be used where there is an unavoidable gap between the vertical component of the stick and the mattress, for people who frequently fall or with cognitive impairment – this gap can facilitate asphyxiation by entrapment.
- ◆ The bed rail may not be suitable to be used with the following beds:
 - A waterbed
 - Any lightweight or foam mattresses
 - Where the bed head is in an elevated position
 - Some slatted bed bases

MAINTENANCE & CLEANING

- ◆ Ensure that you regularly clean the bedrail with a mild disinfectant.
- ◆ Should the equipment appear damaged or corroded –do not use. It may require replacement.

