

# Bed Rail

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### What is a bed rail?

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A bed rail provides support to get in and out of bed.

### When should I use a bed rail?

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A bed rail is used if you are feeling unsafe, weak or unbalanced, while getting in and out of bed. Please call your local community service team or speak to your Doctor about a referral to an Occupational Therapist. An Occupational Therapist will recommend you to use a bed rail if necessary.



### What precautions should I take when using a bed rail?

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- The bed rail is not to be used on slat, unstable or wire based beds
- The bed rail should not be used unless your weight is on the mattress (for example, sitting or lying in the bed)
- The bed rail is not to be used as a bed guard or restraint to prevent falls from bed
- Ensure the bed rail is fitted firmly between the base and mattress before each use
- Ensure there is no gap between the mattress and the bed rail before each use
- A bed rail may be unsuitable following some surgical procedures (for example, heart surgery)
- Do not use the bed rail if it is in an incorrect position
- Use of a bed rail will need to be reviewed by an Occupational Therapist if you or your family member's cognition changes (for example, becoming more confused)

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### How should I use a bed rail?

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##### To get into the bed

1. Sit close to the edge of the rail
2. Hold onto the rail with one or both hands
3. Slowly lower yourself down while swinging legs into the bed
4. Use the bed rail to assist in pulling, turning or raising yourself into position



##### To get out of bed

1. Use the bed rail to assist you to pull into a sitting position on the side of the bed
2. Push off the bed and bed rail to stand

### How do I care for a Bed Rail?

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1. Regularly check that the bed rail is in good condition
2. Clean the bed rail using mild soap and water, or a non-abrasive cleaner. Let the bed rail dry before using it
3. Ensure regular maintenance and report any faults or breakages to the equipment loan pool officer immediately

### Your equipment has been issued to you by:

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Please speak to your Occupational Therapist if you have any questions about using the bed rail.

Your Occupational Therapist: \_\_\_\_\_

Phone: \_\_\_\_\_

### Interpreter Services

#### Interpreter Services

Professional interpreters are available if you need help understanding or speaking English.

Interpreter services are free and confidential. You can ask for an interpreter if one is not offered to you. The staff will book the interpreter for you. If you need an interpreter so you can contact us, please call the telephone Translating and Interpreting Service on 131 450.

This pamphlet has been developed to provide you with information regarding the purpose, safe use and installation of your prescribed equipment. This information serves only as a guide and must be used in conjunction with education from your Occupational Therapist. This resource has been written by the combined Occupational Therapy Departments of The Sutherland Hospital, St George Hospital and Calvary Hospital 2015.

Funding for translations provided by the Multicultural Health Service, South Eastern Sydney Local Health District.