

# Bed Blocks

## What are bed blocks?

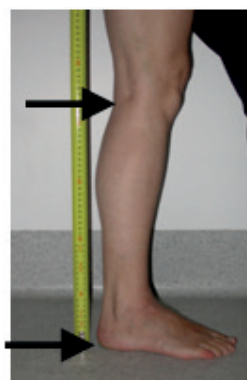
Bed blocks are made of lightweight moulded plastic and are cone-shaped with a broad base. They are usually 10cm high (sizes can vary) and have a recess in the top where the bed legs/castors are held in place. Bed blocks are available in sets of four.

## What are bed blocks used for?

Bed blocks can make getting on and off the bed easier and safer for you by raising the height of the bed.



## Choosing the right bed block height



Your Occupational Therapist can recommend an appropriate stool height for you. If you have not been given a recommended height, you can estimate an appropriate height yourself. To do this, stand barefoot and measure your lower leg from knee crease to floor then add 5cm. This will give you the appropriate height for the bed to be raised.

## Setting up the bed blocks

Once the correct height of the bed has been determined, place the bed blocks underneath each leg/castor of the bed making sure they are sitting firmly in the recess of the bed blocks. When the bed blocks are firmly in place, sit on the bed and make sure you can get up and down easily.

## Approximate dimensions available



Large: 100mm Height  
Small: 40mm Height  
640 – 50mm Recess Diameter  
150 - 200mm Recess Depth

## Precautions

Always check that all four bed legs/castors are stable and sitting securely in the bed blocks before getting on the bed.

Check that the load capacity of the bed blocks (222kg) are compatible with your weight.

This equipment is recommended based on your current needs. No responsibility is taken for improper/inappropriate use or maintenance of the equipment. Please contact occupational therapy if there are any concerns.

## Occupational Therapist:

