

Bed rail

What is a bed rail?

A bed rail is a powder-coated, steel tube frame that is anchored under a bed mattress with a rail protruding up from the side.

What are bed rails used for?

Bed blocks can make getting in and out of bed easier and assist you to move around while in bed.

Setting up the bed rail

To set up the bed rail please follow the steps below:

- Insert the two open ends of the bed rail underneath the mattress
- Make sure the two open ends are in line with your shoulder and waist when lying down
- Push the rail in until it is resting against the side of the mattress.

The bed rail should look similar to the picture on this page when set up.

Precautions

Always make sure the rail is securely fitted under the mattress. The bed rail may not be suitable for use under a very thin mattress or sprung bed base as it may slide out of position. Ensure that the bed rail is easily reached when lying down.

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:

Getting out of bed using a the rail

1. Lying down, reach over your body and hold onto the bed rail



2. Holding onto the rail, bend your knees up and roll onto your side



3. Using a pendulum action, lower your legs over the side of the bed and at the same time push your trunk upwards using the rail for support

