

## Safe Use of Bed Rails at Home

Information for patients, relatives and carers

① Prescribing team contact number: .....

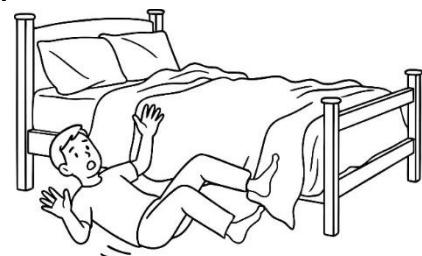
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This leaflet provides information about how to use bed rails safely at home.

A health or social care worker has carried out a risk assessment and has recommended that this equipment is safe and helpful for you. Be aware that use of any equipment involves some risk, and you should make sure that you follow the guidance in this leaflet and the manufacturer's instruction manual.

These bed rails must only be used by the person they were intended for. If you, your family or carer are not happy about having a bed rail, speak to your health or care worker straight away. If you are unsure about how to use the bed rails or are unsure if they are fitted correctly, please contact the community equipment provider, find details on page 3.

The bed rail is there to stop you from slipping or rolling out of bed. You have been given this to help keep you safe whilst you are in bed.



Bed rails will be fitted on both sides of the bed unless the bed is next to the wall or furniture.

The combination of bed, bed rail and mattress will be chosen specifically by your healthcare worker.

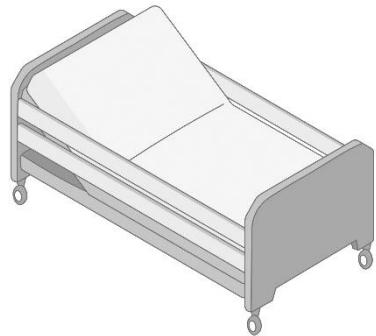
Your bed rails may come with a cover - also known as bumpers. Your health care worker will decide whether these are needed or not.



You will need to ask for help to get into bed. The person helping you will have to put bed rails down and up for you to get in and out the bed.



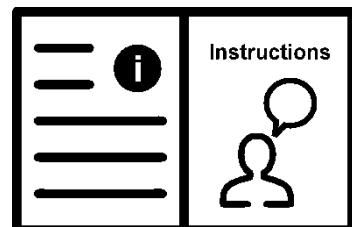
Bed rails should never be used to restrain somebody.



Though bed rails are there for your safety, they can also be dangerous.

- Do not climb over the top of the bed rail or try to fit through gaps at the ends while the bed rails are up.
- **Climbing over the rails can cause falls with serious injuries.**

The bed rail may move slightly or become loose while you are in bed. Your limbs can get trapped if the bed rail becomes loose, and there are some basic checks that you need to do to remain safe. These are listed in this leaflet and in the instruction manual given to you.

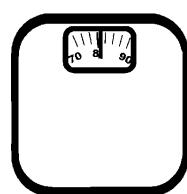


The mattress should fit snugly between both rails, so it does not allow your head or body parts to get trapped.

If your health condition changes after you are given the bed rail(s) or:

- You have uncontrolled body movements,
- Changes in sleep patterns
- Your weight changes a lot.
- Your body changes shape

You should tell your health care worker.



## Looking after the bed rail(s) to keep you safe.

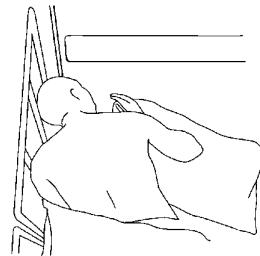
The bed rail(s) and bed combination will have been specifically chosen by your health care professional and set up by a trained person. You should never try to remove the bed rails or any part of the bed (including changing the mattress or adding a mattress topper unless told to by a health care worker).

A trained person will service the bed and bed rails annually.

To make sure the bed rail is in good working order, you or your carer/family should carry out some basic checks. The instruction manual will tell you how often to do these:

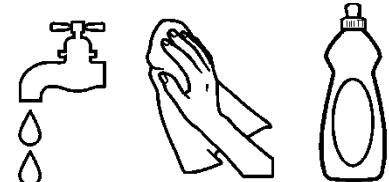


- Check the rails are not bent or broken.
- Check there are no loose fixings or brackets.
- Check the plastic sockets on the clamps are not loose.
- Check there are no sharp edges or flaking paint/finishes.
- Check the mattress still fits snugly i.e. there should be **no space** between the bed rail and the side of the mattress. This is to stop body parts getting trapped.



Make sure there are no other risks of becoming trapped in the bed rails.

All parts of the bed rails, and covers/ bumpers if used, can be cleaned with warm, soapy water using a cloth and then rinsing. It is important not to let water run inside the bedrail bars through the holes.



## Change in your circumstances/ health condition

If you, or your carer/ family member feel your health condition or needs have changed leading to an increased risk when using the bed rail(s), please discuss this with your health or social worker who arranged for you to have the equipment. Alternatively, you can contact your GP for a referral to occupational therapy (OT).

## Issue with Equipment

If you find there is a problem with the bed rail, the equipment becomes broken or damaged or you no longer require it, please contact the community equipment provider. The telephone number is on a sticker that is attached to the bed.

### For North Yorkshire - Medequip

Phone: 01423 226240

Email: north.yorks@medequip-uk.com



### For East Riding – Medequip

Phone: 01482 249057

### For City of York- Be Independent

Phone: 01904 645000

Email: be.independent@york.gov.uk



## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Ruth Ferguson, Occupational Therapy Professional Lead, AHP Professional Leadership Team. York & Scarborough Teaching Hospital NHS Foundation Trust, Archways Belgrave St, York, YO31 8YZ. Mobile: 07866014561. Email: ruth.ferguson1@nhs.net

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net)

An answer phone is available out of hours.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Leaflets in alternative languages or formats**

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: [www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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