

## Safe Use of Bed Grab Handles at Home

Information for patients, relatives and carers

① Prescribing team contact number no: .....

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This leaflet provides information about how to use your bed grab handle/s safely.

A health or social care worker has carried out a risk assessment and has decided that this equipment is safe and helpful for you.

The bed grab handle is there to help you get in and out of bed and can also help you to move in bed. It is **not** there to stop you falling out of bed.

Bed grab handles **can look different**. You can be given one or two. The one given to you will be the most appropriate to meet your needs.

Your bed grab handle should have been fitted by someone trained to fit it, or you will have been told how to fit it yourself.

However, the bed grab handle/s have been fitted, you will have been given some information about the equipment and told how to use it safely.

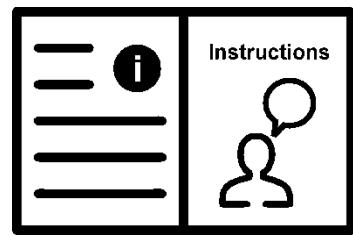
Always follow this information to make sure the bed grab handle stays fitted safely in place.

If it does not stay in place or you are unsure if it is fitted correctly, please contact the community equipment provider, find details on page 3.



# Making sure your bed grab handle is safe to use

Bed grab handles can move or become loose over time. Make sure you do the regular simple checks the manufacturer's instructions tell you to do.



The bed grab handle should be **more than** 318mm/31.8cm/12 ½ inches (just longer than the long side of an A4 sheet of paper) away from the headboard of your bed/wall at the top of your bed all the time. You could get trapped if it moves.



**318mm/ 31.8cm/ 12 ½ inch**

**Never move the grab handle to a different place.** This could be unsafe.



There should be **no space** between the bed grab handle and the side of the mattress. This is to stop body parts getting trapped.

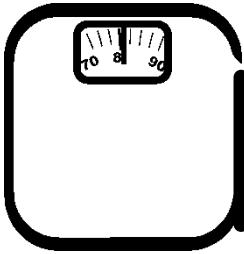
There are some simple checks that you should do daily before using the bed with the bed grab handle.

- Check the handle hasn't moved away from the mattress of the bed i.e. that there isn't a gap.
- Check any straps (if fitted) are in place and are not loose.
- Check the handle is sturdy and strong.



If there is furniture next to the bed, make sure you cannot get trapped between your bed and the furniture or your bed and the wall. Your bed should be at least 318mm/31.8cm/12 ½ inches (just longer than the long side of an A4 sheet of paper) away from any furniture.

If your weight has changed a lot, or your body has changed shape since the bed grab handle was fitted, you should tell your health care worker.



## **Change in your circumstances/ health condition**

If you feel your health condition has changed and you have concerns about the increased risk of using or having a bed grab handle, please contact your GP for a referral to occupational therapy (OT) or contact the health or social care worker who previously issued you the equipment.

## **Issue with Equipment**

If the equipment becomes broken or damaged, or you no longer require it, please contact the community equipment provider.

For North Yorkshire - Medequip

Phone: 01423 226240

Email: [north.yorks@medequip-uk.com](mailto: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](mailto: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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