

Bed Rail Maintenance

If your therapist or Home Care Case Coordinator has assessed you and is ordering a bed rail, it is important that you perform regular maintenance as recommended by the bed rail manufacturers.

Refer to the product manual and discuss maintenance with the medical supply vendor or agency that is providing the equipment.

Incorrectly fitted, rails that are not designed for your bed or damaged bed rails can lead to greater risk of injury or death. It is important that the equipment is compatible with the client's needs and size.

Using Bed Rails with Children

Children are at a high risk of injury if not provided a safe sleep environment. Their sleep environment needs change as they grow.

Visit: Health Canada to learn about creating safe sleep environments for children.

https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/cps-spc/alt_formats/pdf/pubs/cons/child-enfant/sleep-coucher-eng.pdf

If you have further questions or if circumstances change and you would like a reassessment, contact your Occupational Therapist, Physiotherapist or Home Care Case Coordinator.

Contact: _____

Phone: _____



Information provided in this handout was obtained from:

- Health Canada
- Prairie Mountain Health

Print date: November 13 2024
CLI.4110.PL.031.SD.05
Safe Bed Rail Use Client/Family



SAFE BED RAIL USE IN COMMUNITY CLIENT/ FAMILY



What is a Bed Rail?

Bed rails are foam, metal or rigid plastic bars that are attached to one or both sides of a bed. Bed rails come in a variety of shapes and sizes and can be used for different purposes.



Benefits of Using a Bed Rail

Bed rails can be helpful for a variety of different reasons including:

- Increase safety and independence when entering or exiting the bed
- Increase safety and independence when turning and repositioning in bed
- Increased feeling of safety and comfort during sleep
- Provide cues for bed edges to prevent falling out
- Provide easier access to bed controls if using an electric or hospital style bed
- Increased safety for caregivers during provisions of care

Risks of Using a Bed Rail

Although bed rails can be beneficial for safety and mobility, they can also pose a number of serious risks, such as:

- Falling while attempting to climb over the bed rail causing injury or death
- Distress or agitation if the individual feels trapped in bed and is unable to move freely
- Entrapment of the head, neck or chest causing strangulation or death

What is Entrapment?

Entrapment refers to an incident in which a part of the body has become trapped or entangled in the spaces in or around the bed rail, mattress or bed frame. If the individual is not able to free themselves, entrapment can lead to serious injury or death.

Bed rails are only to be used as a last resort once all other alternatives have been tried.

Zones of Entrapment

Health Canada (2015) has identified seven areas of potential bed rail entrapment, Zone 1-4 pose the most risk:



It is important to discuss how to minimize or eliminate entrapment risk with your health care provider prior to installing any type of bed rail.