

DAILY CHECKS

You are asked to check the bed rails **every day** for:

- ❖ Damage - Are the bed rail working properly?
- ❖ Security - Are the bed rails still tightly secured to the bed?
- ❖ Spacing - Are the rails in the same position as when the bed was delivered?
- ❖ Padding/Infills - If you were given extra padding or infills - are they still in good condition?

If the answer is **NO** to any of these questions, please phone the North Lanarkshire Equipment and Adaptation Service 01698 274460 and ask for a repair

ONGOING ADVICE

If you have any questions or concerns about the safe use of the bed rails, please contact the person/team whose contact details are on the front page of this information leaflet

If you have concerns about the rails/fittings or accessories being broken or damaged, please phone North Lanarkshire Equipment and Adaptation Service 01698 274460 and ask for a repair.

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot.nhs.uk or ask a member of staff for a copy of our Data Protection Notice.



www.careopinion.org.uk

NHS inform - The national health information service for Scotland.

www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you want an existing patient leaflet translated please email patientinformation@lanarkshire.scot.nhs.uk
If you want anything else translated e.g. a patient letter or patient record please email translationservices@lanarkshire.scot.nhs.uk

Pub. date:	May 2025
Review date:	May 2027
Issue No:	02
Department:	Moving & Handling
Clinical Lead:	



“Hospital Style Beds at Home” Using Bed Rails Safely A guide for you and your family

Information for patients
Community
Electric Profiling Beds - (Adults)

If you have any questions about using the bed rails safely - you can contact:

Team:

Contact Tel No:

If the rails appear broken or need fixed, please contact North Lanarkshire Equipment and Adaptation Service: 01698 274460.

You or a family member has been supplied with a “hospital style” bed from the North Lanarkshire Equipment and Adaptation Service. We have decided with you and your family to use bed rails with this bed.

However, it is really important to know that if bed rails are not used properly, they can be very dangerous and can cause serious injury. Please read the following information carefully.

CHANGES TO LOOK OUT FOR

We will carefully assess whether bed rails are suitable for you/your family member. If there is a change in you/your family member’s medical conditions, please contact the person/team named on the front of this booklet. They can check if bed rails are still suitable.

Please let us know if you/your family member has any of the following:

- ❖ Increased confusion/delirium/agitation or similar
- ❖ Increase in uncontrolled movements or seizures (fits)
- ❖ Losing lots of weight
- ❖ Or anything that makes you worry about them using the bed rails

IF YOU ARE WORRIED

If you are worried about your family member climbing over the bed rails or trapping their arms or legs in the bed rails, then it may be safer to leave the rails in the down position. Keep the bed at its lowest height setting until the situation can be checked.

If your family member is confused, move the bed handset out of their reach, so they cannot accidentally raise the bed higher than you left it.

POSITION OF THE BED RAILS ON THE BED

When the bed is delivered and built, the rails will be fitted properly and in the right place on the bed. It is very important that you do not move the rails either up or down the bed. Bed rails with wrongly spaced gaps could mean that you/your family member could get hurt or trapped in the gap.

EXTRA PADDING

Some people might be given extra padding to cover the bed rails. This padding can be taken off, but it is very important that you put it back on to stop your family member hurting themselves on the rails.

Some people will be given extra strips of mattress known as “infills”. These cut down on any gaps between the mattress and the rail. If you have been given these, please tuck them in with the bottom sheet to stop them moving.

GENERAL SAFETY NOTES

You should not:

- ❖ Pull on the bed rails to turn over in the bed. The bed rails are clamped onto the bed and pulling on them can loosen them which could cause injury or a fall from the bed
- ❖ Fit any accessories that you buy yourself to a bed or bed rail that we have supplied
- ❖ Try to fix damaged rails yourself - please phone North Lanarkshire Equipment and Adaptation Service 01698 274460 and ask for a repair