



## Bed Rails



This information is only a guideline. Use bed rails only as directed by your healthcare provider. The weight capacity of standard home bed rails is 250 pounds.

Bed rails can make getting in and out of your home bed easier, prevent falls and injuries, assist with standing and balance, and improve in-bed mobility. Many types of bed rails are available. Most slide between the mattress and the box springs and are held in place by the weight of the mattress or secured to the bed frame. NOTE: Not all home beds can accommodate a bed rail. Please give careful thought to the selection and use of bed rails to ensure safety.

### Instructions

1. Make sure the railing will support the weight of the individual who will be using it.
2. Slide the base under the mattress so it is between the mattress and the box spring. Push the base in firmly so it is completely under the mattress.
3. If the base is a wooden piece, attach the railing by snapping it into the metal holder on the base until the push buttons lock into place.
4. If the bed rail attached is with a safety strap, make sure the strap is fastened tightly around the box spring, then secure the strap to the bed frame. Step back from the railing and look to be sure the railing is on straight.
5. If the bed rail has legs, adjust the height so the legs reach the floor securely.
6. Test the bed rail by using it to get into and out of bed. Notice any weakness or wobbling and make adjustments as needed. Lie in bed and roll to one side, pushing your weight against the railing. **If the railing slips from your weight, make sure the base has been installed all the way and the rail is secure. Test it again. If it still slips, remove the bed rail and do not use it.**