North Cheshire and Mersey
NHS Foundation Trust

Bed rails and bed grab handles

Community Nursing and Therapy Services

Information for patients and carers

• Home • Community • Hospital

Caring for you

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What are bed rails?



Bed rails fit to the side of a bed and can help stop you from falling or rolling out of bed.

They are normally fitted on both sides of the bed. They must be lowered before you get in or out of bed.

Bed rails are also called:



- bedside rails
- cot sides
- safety sides
- bed guards

Always follow the instructions that come with your bed rail.

What are bed grab handles?



A bed grab handle fits to the side of a bed.

It is also called:

- a bed lever
- a bed grab rail
- a bed stick

A bed grab handle can help you:



- get in and out of bed
- sit up and lie down
- turn over in bed

Do not use a bed grab handle to support yourself when walking to the bed. It may move and could cause an injury.

A bed grab handle will not stop you falling out of bed.

Always follow the instructions that come with your equipment.

Important safety information

Bed rails and bed grab handles can cause serious harm if they are not used in the right way.

In some situations, a person can get part of their body trapped in the equipment.

Before we provide bed rails or a bed grab handle, we will:

- look at other ways to help first
- check to make sure the equipment is right for you
- make sure you and your carer can use them safely
- make sure you can get in and out of bed safely

We may decide bed rails are not right for you if we think you:

- cannot get in and out of bed safely
- could be injured by the rails
- may try to climb over the bed rail and fall
- may become upset and shake the bed rails

Other ways we can help

There are other ways to reduce the chance of falling from bed.

These include:

- bedside wedges
- low beds
- safety mats or fall mats
- alarms that tell someone when a person gets out of bed

When your equipment arrives

Instructions will come with the equipment.

They will explain:

- how to fit it
- how to use it safely
- where it should be fitted
- how to check it before and after use
- how to look after it
- how to clean it

Please contact the team that ordered the equipment if you need help.

Buying or fitting your own equipment

If you buy or fit your own bed rail or bed grab handle, please read the MHRA safety guidance. The MHRA gives advice on how to use medical equipment safely.

You may wish to ask someone to read it with you.

For more information visit:

/www.gov.uk/guidance/bed-rails-management-and-safe-use

What we need you to tell us

Please contact us if:

- your bed is changed
- your mattress is changed
- the equipment is damaged
- the equipment does not fit well anymore
- your health changes
- you forget how to use the equipment or why it is there

Contact us

For the Community Nursing and Therapy Team call: _____

If there is a problem with the equipment, or you need advice, call 01925 946000

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