

## What is a bedrail?

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A bedrail is a bed accessory that can be part of the bed or fitted and attached onto the bed frame separately.

Bedrails are available in a variety of sizes, shapes and lengths



## Uses

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- A bedrail is designed to prevent a person from falling/rolling out of bed.
- A bedrail is not used to move in bed, to sit from a lying position or to assist with getting in and out of bed.
- The bedrail needs to be installed appropriately for you by the supplier and your AT Practitioner.

## Precautions

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It is important to be aware of the **potential serious risks** associated with the use of bedrails.

How to **minimise risks** to person before the use of bedrails:

- Check bedrails regularly as they may become loose over time and move out of position.
- Parts of your body may become trapped where there are gaps - for example between the rails of the bedrail, between the mattress and bedrail or between the mattress or bedrail and bed head/bed end. If a part of your body becomes trapped, you may find it difficult to breath and may be at risk of suffocation
- Injuries may occur from falls from climbing over the rails or from body parts bumping against the rails.
- Injuries to carers may occur if carers raise/lower bedrails without using safe manual handling techniques.
- Bedrails may not be effective if they are not locked into position correctly.
- If you have been provided with bedrail covers only use as demonstrated by your AT Practitioner or service provider.

**Bed Rail facts sheet for Users**  
**For repairs contact your AT Practitioner or SWEP if supplied by SWEP**

Bedrails that slide under the mattress and are not attached securely to the bed are **not recommended** and as such are not funded by SWEP, as they can move out of position easily and have limited benefit to prevent the person rolling from bed. The 'slide in' bedrail use the weight of the person and mattress to hold them in position and person can continue to roll out of bed with the 'slide in bedrail' also coming away from the bed and onto the person causing harm.

## What to avoid

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- Using pillows or cushions to fill gaps in bedrails
- Holding onto rails when moving the bed as this may loosen the rail attachments
- Using bedrails to provide support when standing unless the bedrail is designed to do so
- Using bedrails to help with re-positioning in bed

## General Care and Maintenance

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Notify your AT Practitioner or their agency if you notice any of the following:

- If a part of your body becomes trapped or you are concerned about this happening.
- If you notice that your bedrail is moving out of position or becoming loose.
- If there is at risk of falls or injuries from climbing over or bumping against the rails.
- If you use bedrail covers and attachments are loose or have worn over time.

## Useful information :

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Your Bedrail was prescribed by: \_\_\_\_\_

Organisation / Service Provider: \_\_\_\_\_

Phone number : \_\_\_\_\_

Funded by : \_\_\_\_\_

For SWEP funded Bedrails Repairs & Maintenance phone 1300 747 937

Supplier by : \_\_\_\_\_

Date supplied : \_\_\_\_\_

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