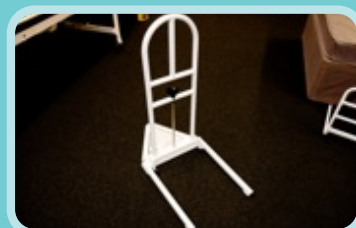
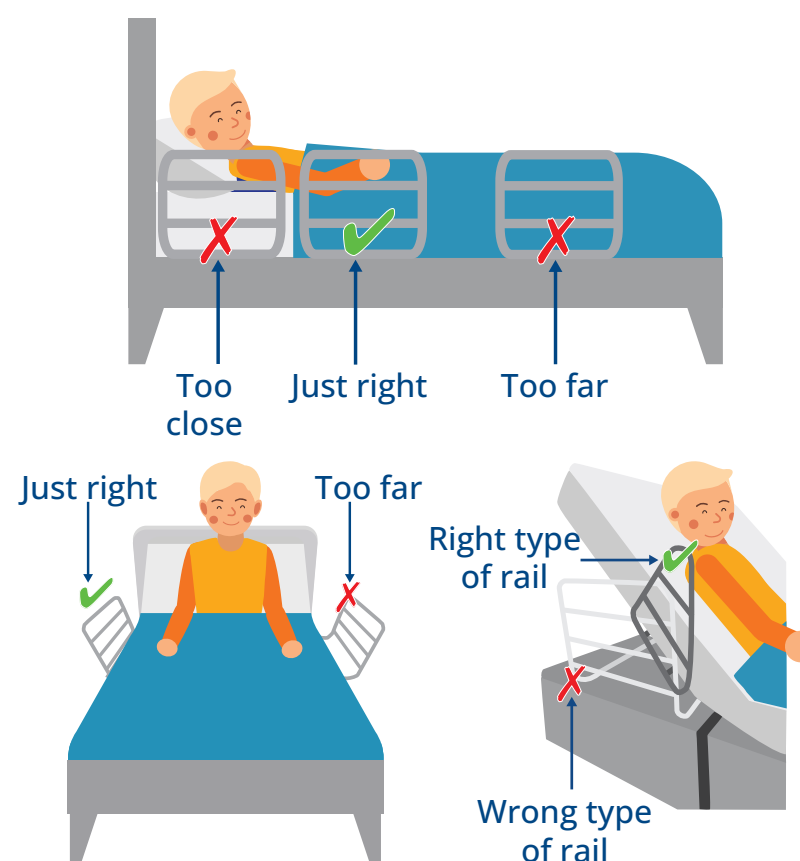


What you need to know about bed grab handles

What are bed grab handles? - Bed Grab Handles (also known as bed sticks or bed levers) are used to support residents to get in and out of bed. They come in many shapes and sizes and are designed to be used on different types of bed. Here are a few examples



- Bed grab handles are designed to support transfers in and out of bed
- To support independent and assisted bed mobility e.g. rolling or lying to sit
- To increase safety during sit to stand transfer from bed - reducing risk of falls
- Fitted securely - held in place by mattress or secured with straps
- Positioned appropriately to allow resident to use the handle
- Handle should be snug to the mattress to reduce risk of injury



Things to consider:

1. Risk of resident becoming trapped
2. BMI - body size/shape
3. Dementia/delirium
4. Involuntary movements
5. Is it clean and in good working order?
6. Is it positioned properly?
7. Is it the right rail for the bed?



- Bed grab handles don't prevent residents from rolling or falling out of bed
- Should not be used to pull up from when transferring back to bed from a commode, wheelchair or from a seated position
- Third party rails are not suitable for use with a mattress elevator, pillow lifter or profiling bed
- Should not be used on an ultra low bed

Should you have concerns about a residents equipment then please contact OT services within your HSCP for advice or assessment.