


2024

# Bed Rail Safety


- Bed rails help people move and transfer from a bed to a chair. This helps them do more on their own.
- People should only have bed rails if they are able to understand the risks, and other options have been reviewed.

## **What are the risks?**

- Bed rails can cause people to become entrapped (getting trapped or stuck in or around a bedrail, mattress, or bed frame).
- If a person is tangled in the rails, or between the rails and a mattress, they may be injured, strangled, suffocate (not be able to breathe), or die.
- If a person climbs over the rails and falls out of bed, their injuries may be more serious than if they had fallen out of a bed without rails.
- Bed rails can cause skin injuries (like bruises, cuts, or scrapes).

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- Bed rails can cause people to feel isolated (alone) and/or agitated (nervous, troubled).
  - They can also prevent people from getting out of bed to do daily activities.
  
  - As people get older, they are at a higher risk of entrapment.
  - The risk is higher if you also:
    - › Are not able to understand the risks in your environment
    - › Are frail
    - › Have low mobility (movement)
    - › Have a movement or seizure disorder that causes body movements you cannot control
    - › Are incontinent (not able to control your bladder and bowels)
    - › Are confused
    - › Change position often

## What is the Bed Safety Program?

- We assess (check) each person for bed safety. We assess each bed for the risk of entrapment. **We only recommend bed rails if needed.**
  - To make beds without rails safer, we:
    - › Use beds that can be lowered to the floor
    - › Keep beds in the lowest position, with the wheels locked
    - › Place fall mats next to the bed
    - › Recommend using transfer or mobility aids (like a walker, a cane, a transfer belt, or a sliding board)
    - › Check on people often
    - › Try to anticipate a person's needs so we can offer help
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- › Place grip tape on the floor near the bed to prevent slipping
- › Install a fall monitoring system (like a bed alarm or a motion alarm)
- › Offer clothing with special padding to protect the hip area

If you have any questions,  
please ask your long-term care  
facility manager or health care  
providers.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: Seniors and Restorative Care – Eastern Zone  
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