

- › 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.

Bed Rail Safety

2024

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.

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- 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).

- 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