

Safe use of bed levers

Occupational Therapy

Information for patients, family and carers

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Introduction

The Occupational Therapy (OT) team have given you a bed lever. They have done a risk assessment to check having one will help you.

There are different types of bed levers. It depends on the type of bed you have. We have assessed your needs.

What is a bed lever?

A bed lever may also be called a grab handle or bed stick. It helps you to

- turn in bed
- get in and out of bed
- sit up in bed

The bed lever does not stop you falling or rolling from the bed. It should not be used in place of bed rails.



This is an AI generated image but has been checked by a human to ensure it is correct. This is an example of a bed lever. The one that you have been prescribed may look different to this.

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To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

How do I use it safely?

Medequip provide and fit the bed lever. They will give you a copy of the manufacturer's instructions.

The bed lever must not be moved or removed after it is fitted. If you do need to move it you must get help to re-fit it.

You must make sure there is no clutter or furniture by the bed. This could create a risk of you becoming trapped.

You should check your bed lever regularly for any damage.

How to check the bed lever

Look at all parts to make sure they are working.

Check for:

- Rusting or cracks in the metal.
- Flaking paintwork or plating.
- Missing locking handles and fixing clamps.
- Loose fixtures.
- Looseness in the joints.
- Worn thread on clamps.
- Bent or distorted parts.

Keeping you safe

It is important to remember that you have been assessed as safe to have a bed lever at this time. You have one that suits your bed. You need to ask for help if there are any changes:

- The bed that the lever is fitted to is changed.
- The mattress is replaced.
- An extra mattress or topper is put on top of the one on the bed.
- There are any changes in your physical or mental health, such as change of mobility or weight, new confusion.
- The bed lever moves out of position. A gap appears between the bed lever and side of the mattress.
- The mattress becomes 'saggy' at the sides. There is a bigger gap between the bottom of the bed lever and squashed mattress when you sit on it.



Are there any risk with a bed lever?

- risk of injury or being trapped if the person is restless or distressed
- greater risk of falling if not used correctly

Contact details

If you are still in hospital:

- Ask a member of staff on the ward to contact the occupational therapy team who will then make contact with you.

After you go home:

- Changes to your bed, call Adult Social Care:
 - County – 0116 305 0004
 - City – 0116 454 1004
- Changes in your ability to use the bed lever, call community therapy: Single Point of Access (SPA): 0300 300 7777
- For any damage, defects or problems with the bed lever, call Medequip 0116 216 8686 right away.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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